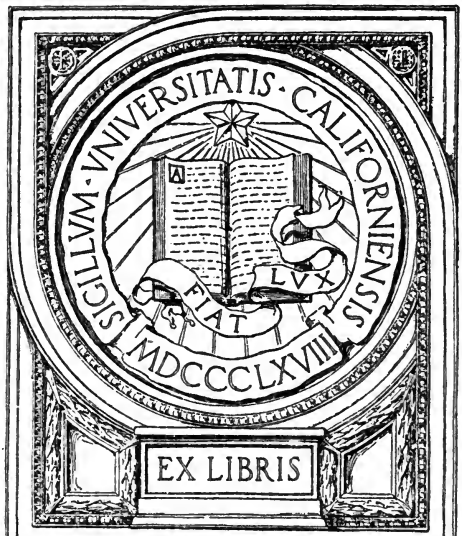
The Epicure of Medicine



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THE EPICURE OF MEDICINE

BY
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This book is dedicated to
the Profession.
I hope that all who are true physicians
will give my methods deep
study and careful
investigation.

CONTENTS

INTRODUCTION.

THIS little book was written in the beautiful city of Reno, the metropolis of Nevada. Reno is in a valley 5,000 feet above sea level, located along the banks of the Truckee River, surrounded by snowcapped mountains, winter and summer. Its broad, asphalt streets, lined with magnificent shade trees, the up-to-date methods in the construction of public buildings, its elegant private residences, and the high standard of public schools, make it one of the prettiest, cleanest and healthiest cities in the United States, and one of the most desirable places to live.

The dry, healthy atmosphere, its blue skies, and the pure air, and shimmering sunshine throughout the year, make it an ideal spot for the romantic strangers that pass here from all over the world. It also makes it a desirable location for rest and recreation.

After four years of hard work, in the care and treatment of the sick, combined with the management of a small sanitarium, I felt the need of a change, in environment and climate, combined with a change of work, and came to Reno.

Through renewed vitality, rest and dreams of the past, and possible future in my line of work, I was inspired to write this little book. It is my desire that it may explain and make many things clear, in the science of medicine, that have hitherto been made mysterious and difficult to understand,—and as time passes, that this work will be developed, broadened, and its usefulness increased.

I have often been requested to publish something along this line. Time and poor acquaintance with the English language prevent me from giving more than an outline on the subject; furthermore, **the art of healing** can never be an exact science. My methods could be better demonstrated in a well equipped sanitarium.

My work is the result of wide experience and observation in different parts of the country, and under physicians of different schools of therapy. It began as a nurse in Hamburg, Germany.

Part of my knowledge was discovered in the deep realms of nature, mingled with poverty and

bitter experience. Much was observed from great physicians of former and present generations.

My interest in this line of work was aroused through intense suffering of myself, accompanied by cruel and ignorant treatment of young physicians through lack of understanding.

My physical condition today is not that of a normal, healthy individual. Much mucous membrane and nervous tissue has been destroyed by operations. My constant companions are neurotic pain in brain and body, disturbed rythm of the heart accompanied by abnormal high blood pressure, or partial paralysis, dullness, and abnormal low blood pressure.

With intelligent care and treatment, I am able to keep mind above matter, and intend to live the rest of my life free from disease, and serve the world until the spirit sees fit to leave the body.

I am fully aware that many do not agree with my peculiar statements, that criticism will be plentiful, also that errors in expression have crept in, for which I wish to apologize. Nevertheless, this book contains untold truths. Many of its messages are not new, but they were forgotten and neglected through the progress of civilization.

PREFACE.

In this progressive age of enlightenment there are still a large number of people who are becoming more scared every day by the theory of new diseases and new germs and are more willing than ever to be a victim to the knife. **All respect for the skillful surgeon**; he is needed **at times**; but God made our bodies perfect, and as long as there is sufficient force of healing power within us and the method of healing is directed wisely, strong drugs and the removal of organs will not be required very often.

Professor J. Loeb, member of the Rockefeller Institute of research work, claims that man's consciousness and will can be stimulated by certain chemicals; and that the physiological and anatomical consciousness of some lower animals can be aroused through stimulation by certain chemicals, and that the result will be: desire for light, and through it the yielding of the anatomical struct-

ure. My system of treatment gives an answer to this statement. Since the human organism is a more complex instrument than the lower forms of life, our bodies would require a more complex compound of chemicals in order to produce the desired stimulant. The question arises, will the time come when artificial chemicals will change the brains of man from greed and cruelty to nobler courses? Will criminals and insane patients be cured by this means? Will disease, which is nothing more but a form of insanity, be eliminated by such applications? **No,** not any more than life can be constructed by artificial means, or a disease or insanity, which were brought about by disobeying nature's laws, can be cured by artificial drugs. Spiritual, mental and physical healing applied in the natural way are the only means to produce chemical changes within our bodies; one of these or all three combined can produce the desired stimuli to the secretory organs. Religious teaching or the development of love and sympathy for a certain person or for a course have cured disease at all times. The development of morbid nerve centers as applied by mental healers or educators have also cured disease.

The physical applications are divided into many

branches. In the book of Doctor Hulet on the principles of Osteopathy we find much argument about the control of function over structure and structure over function.

That the adjustment of bony lesions will produce chemical changes and regulate functions has been proven on thousands of patients since the science of Osteopathy has been in existence. That the cause of disease has been removed by inorganic drugs has never been proven yet.

Abnormal structure can produce abnormal function, but abnormal function which has not been produced by direct interference of structure must be relieved by chemical physiological application in the adjustment of the molecular structure in the protoplasm of the cell, within our body. If sufficient chemical elements are taken into the body or stored up within the tissues, which, through abnormal development or other disease producing factors, have been wrongly combined or distributed through the blood stream, then such external stimuli as bony adjustment, light, air, and water, or spiritual and mental healing transmitted through the physical sense will produce the desired chemical changes. This is the explanation of the many miraculous cures which have been performed in all ages.

If on the other hand the body has been deprived of the necessary chemical elements, the latter must be introduced into the system in the form of food or medicine in the organized state; in this way they will produce the necessary stimuli upon body and brain, and a cure will be effected either by this alone or in combination with external stimuli. By internal medication the physiological and anatomical consciousness of the patient will awaken, and will yield to the physiological treatment, and his structure will yield and desire to perform certain mechanical movements.

The diseased habits are at times very strong; just like the crab becomes a slave to light, when carbon-dioxide is added to the water, so human beings become slaves to certain habits under wrong environment and food.

As long as the body is in health, the physiological and anatomical consciousness will direct us how to overcome the abuse which we apply to our bodies. For instance, if men and women who are little active mentally or physically will fill their bodies with more fuel than it requires, they try to use up the surplus energy by stimuli also, and the necessary chemical changes will be brought about by natural application, such as:

physical sports of all kinds, daily baths, massage, and long walks; this will force the lungs to breathe deeper, and get more oxygen; it also forces the structure to move more, and the excess of waste is thrown off.

It may be accomplished by unnatural desires, such as: tobacco, alcoholic drinks, ill temper, abnormal ambition of making money, or sexual excesses; these either destroy the foodstuffs and inhibit secretion and absorption, or produce abnormal progressive development of certain cells in one part of the body, or cause death. If they do not produce disease or laziness, they shorten life, and wear out the machinery of the body in a shorter time than it would have taken under natural normal conditions.

The Epicure of medicine is the only natural method to take medicine; it will do wonders for the regeneration of the races in present and future generations to come; and if combined with spiritual, mental, and physical application, it will restore many unfortunate cripples, now confined in the homes for incurables and insane, to health and useful citizenship. It will enable many to regain their health to such an extent as to enjoy a small amount of useful and worthy work under restricted conditions.

And the enlightening on this subject will teach and enable physicians to realize the power of healing in the universe, and understand and make them capable of being judges, to decide if a poor unfortunate life is worth keeping on this earth or to have it sent into the eternal sleep.

With all the different schools of physicians, the class of patients suffering with chronic ills have been badly neglected.

Mental scientists, Osteopaths, and Naturapaths are doing a fair share to relieve this class of sufferers, but public and private institutions are still filled with so-called incurables; taxes and private donations are expended lavishly every year to support them.

Physicians of all reputable schools of medicine agree that no drug has ever been compounded which will improve the physical or mental condition of a healthy individual. Ninety per cent of the remedies regarded as specifics for certain ailments are worse than useless; yet thousands of so-called incurable patients are obliged to fill their systems daily with pills and solutions of this kind; yet Doctors labor faithfully. Students of bacteriology and surgery are working hard for the cure of disease; still there are more diseases today than there were a few hundred years ago.

The methods of the regular physicians are more along the lines of destruction than reconstruction.

Modern medicine uses a sword to kill disease. The effects of such violent poisons are more visible, because it drives away the symptoms, such as pain and fever, and enfeebles the organic vigor; it confines the disease or drives it to a more dangerous place.

The effects which are produced by the finer, natural remedies are invisible to the ordinary eye, their action is not immediate and destructive; the finer forces of nature work silently but the effects are positive.

Vivisectionists have tortured millions of dumb and innocent animals to death. Enormous sums of money are spent yearly for investigations of learning as how to kill the germ and how to grow it. Sanitation and hygiene are doing a reasonable amount to prevent the multiplication of germs outside of our bodies, but little is known about useful, antiseptic treatment within us, and the resistant power against germs in our bodies by proper application of medicine in the form of food.

Certain drugs and poisons in a ready solution have their place and are useful in accidents and emergency cases.

Some of our greatest born physicians of a few centuries ago were chemists. Medicine was founded by instinct, but its application has been misused, just like the art of the preparation of foods is misused today. The natural way to take medicine is to eat it in the state nature furnishes it; the next step is to extract the fresh juice, or prepare tea from its leaves and roots in the dry state; these methods are beneficial and an overdose is hardly possible.

The unnatural way to take medicine is in the form of complex and condensed liquids, tinctures, pills, powders and metallic salts. The superstitious belief in this form of drugs will disappear, like the superstitious belief in the orthodox prayer will disappear.

The most learned men of the medical profession are depending less upon drugs every year; many medical doctors do not prescribe drugs at all for healing disease.

There are many different forms of physical application for the treatment of disease and the time is ripe where physicians of the different schools should realize the good there is in all methods, and unite in one school.

God produced herbs to heal the nation of certain ailments, therefore the craving of medicine

is instinctive. The desire for Mechanoteraphy or Osteopathy and Hydrotheraphy is also instinctive; and the true physician will apply whatever his case requires, without consideration of the kind of school he graduated from.

The most technical physicians and the ones who pass their examinations like skilled draftsmen, very often prove to be a failure in the sick room.

The most prominent physicians realize that they owe their success to the art of nursing. If this is true, would it not seem necessary that a doctor himself should be well versed in the details of nursing, before he can be able to instruct a nurse intelligently? A six years' course for the study of medicine with a year of practical nursing at the beginning and two years of clinical work at the end of such a course, would fit the practitioner better for his work; it would also eliminate the student who takes up such a profession as a mere business.

The art of scientific combining and preparing food should be understood by every physician and nurse. The study of temperament is also a very important subject. Since artificial feeding of infants has become so popular, many so-called baby specialists have sprung up; some of them do well

in the administration of the suitable food, while others find it more important to make blood counts once per week. No matter what the disease and symptoms of an infant may be, the proper food is the most important application, and general inspection and a true physical examination and history of infant and parent are generally sufficient to determine the quality, quantity and preparation of food necessary.

The new fad of the feeding of maternity cases is often responsible for the lack of natural food for the infant; it is also to blame for many forms of nervous prostration, pneumonia, phlebitis, ovaritis, appendicitis, and general nervous debility at the time, when the mother should be in the best of health, and ready to take charge of her infant.

Many of the new methods employed in the treatment and feeding of the sick make work easier for the nurse, but they are not at all beneficial for the patient.

After labor the whole body is in a relaxed state, the abnominal muscles are weak; if under such conditions and without exercise the dilated organs are treated with fashionable courses of meats and vegetables mixed with several varieties of starch, milk, sweets, and other soft putrefying articles, is it any wonder if pus accumulates? If

external sanitation have greatly reduced puerperial fevers and hospital gangren, enormous work could be done by internal sanitation for the prevention of disease.

Seventy-five per cent of acute inflammatory diseases could be modified by proper hygienic treatment and natural remedies at the initial stage. Hippocrates regarded fever as a protective process. Since then civilization has made much progress, and our modern methods of living have assisted in making germs and their toxins more complex, more poisonous and severer than in former days; and with it came the complications of high, dangerous fevers and little resistant power.

An un-specific or indirect drug medication, as employed in the treatment of acute diseases, is a method where we use violence and force in an uncertain manner; we excite the alimentary canal with strong cathartics; we excite the skin and kidneys in the same manner; we force the heart to pump faster; in the same way, we watch the results in an uncertain manner.

If the patient is strong, the disease may be eliminated by force, and the patient will gradually recover from the influence of the medicine, but the resistant power against the disease will be diminished more each time. If the life is

eliminated from the body instead of the **disease,** then the patient is killed by un-specific medication in an unnatural way. If the patient dies in spite of good nursing, good food and hygiene, he would also have died by un-specific medication of drugs.

Water is a wonderful agent in the treatment of diseases, if hydriatic treatment were better understood by Doctors and nurses, thousands of deaths could be prevented by proper hygienic treatment during the initial stage of the disease.

Inorganic drugs will disturb the functions of the body; they burden the eliminating organs, produce insomnia, and delirium. Their action is uncertain, and differs according to temperament, disease, habits, temperature, age, sex, race, time, and method of administration; they may not act at all. Thorough cleansing of the alimentary tract with water several times per day, a fast, during the first twenty-four hours, or the exclusion of animal fluids, baths or fomentation of hot or cold water, and economy of nerve force, are therapeutics which bring positive results. Under these natural and harmless treatments the fever will not become dangerous.

Operating cases, who have been properly nourished and prepared for the operation, and have

recovered from the anesthetic, would not need to be in danger of pneumonia and other pus forming diseases, if they were treated with antiseptic foods instead of inorganic drugs. Pure air and pure food are the true stimulants for peristalsis. Drugs are a horse-whip. The patient at this time is on the highest plan, he understands the laws of his body, and his consciousness will choose the right article of food. If he has been accustomed to stimulating drinks, he generally will crave them, a few spoonsful of the desired food or stimulant are sufficient to satisfy the craving, it can be given as soon as the patient desires it, without harm. If the patient's heart has not failed to beat when he recovers from the anesthetic, it does not require strong drugs for stimulation. Meat broths, whey, fruit juice or a few spoonsful of tea or coffee will be all that is necessary; these will have the desired effect where strong drugs fail, or do harm.

The method of stuffing a patient in order to build him up for the operation is also a very dangerous one. If with little exercise such foodstuffs as: soft sweet egg foods in the form of custard, beer, raw meat juice, beef tea, boiled and raw vegetables, meats, potatoes, milk, cocoa, yeast bread, raw and cooked fruits, and tea and coffee

are poured into the body during twelve hours, sometimes during one meal, abnormal enlargement of liver and other organs must take place, the higher controlling forces become feeble, the body is used as a storage; the result will be: death or dangerous complication during or after the operation. The unoxygenized foodstuffs lying in the body produce gas, very often the stitches of the wound will burst and pus formation of all kinds are liable to set in. Yet this method of forced feeding is practiced in the very best and up-to-date hospitals.

PHYSICIANS.

There are many medical physicians today who do not approve of violent drug treatment and **unnecessary** operations, but few of them have nerve enough to oppose such theories of treatment openly.

Many osteopathic physicians are selling their muscles at the expense of their brain powers. No Osteopath can treat 10, 12, and 15 patients per day by hard, manual work and study each case intelligently. A specialist, endowed with much mechanical skill, may accomplish it, but not the average man of 5 feet 6 and above.

If the patient is properly relaxed and prepared, specific treatment doesn't need to last longer than five or ten minutes. The patient who has adopted the habit of taking general treatment for the sake of stimulation, should be instructed in systematic exercises and right living; the latter would be of more benefit.

HISTORY.

Before going further with the illustration of my methods in the treatment of chronic diseases, I will give a brief history of my own case in order to convince my readers "why and how" some of my ideas originated.

Born a neurotic, but with good care and plain wholesome foods, I reached the age of 10 without severe sickness. I was much criticised at my peculiar habits, such as abstaining from candy, sweet fruits, cooked vegetables, foods prepared with sugar, honey, meat soups, red meats, and cakes. I lived mainly on milk foods, black bread, sour apples and grapes, fish, pork, nuts, eggs, and tart berries. I suffered much discomfort from cold weather during the winter months, and had little desire for physical sport or outdoor life during the winter. At the age of 10, I was forced at one time to drink chocolate, or get hungry enough until I liked it. I went without food

until the next day in the afternoon; the same chocolate was set before me, and I consumed two large cups full of it. The following night I took sick. A doctor was called. He diagnosed it as diabetes, brought on by taking sweet food on an empty stomach. He gave the advice never again to force foods upon me if not desired, as I had a constitutional tendency to diabetes, and by the intuition and understanding of the laws of my body I was safe.

At the age of 11, I had scarlet fever. Six weeks later, through neglect and cruelty of a teacher in school, I was taken sick with acute hydrocephalus accompanied by nephritis. Symptoms were abnormal large head, spasmodic contraction of neck, much pain in body, brain and ears, from the latter watery fluid was expelled every few hours, which was followed by relief from pain. The diet consisted of barley and rice water with cream, broth with the yolk of egg, toast, and as many soft boiled yolks of eggs as I could eat.

At the age of 13, I had inflammation of the right eye. It was entirely closed for six months. It was cured by a specialist, and has been normal since.

At the age of 16, after being left an orphan,

I was compelled to do hard, physical work; naturally my appetite changed and I indulged in all kinds of foods. After several months I was taken sick with what was called first erysipelas, later Bright's disease, and inflammatory edema of abdomen and lower extremities. After six months of treatment in the hospital, consisting of a fluid diet for four months, such as milk, seltzer water, buttermilk, and water gruels with the yolks of eggs, and hydropathic treatments I was discharged. Since then I began to suffer with extreme hunger, piles, and constipation of eight and ten days' standing. A year later, another attack of nephritis followed, accompanied by acute articular and muscular rheumatism, and dropsy of the abdomen and the lower extremities. After four months' treatment in the hospital I was discharged. Varicose veins and a general anemic condition with swelling and pain of the lower extremities followed.

At the age of 19, while employed as a night nurse in a hospital, I had charge of a ward of forty-two patients suffering with tuberculosis. I contracted pneumonia, which was followed by tuberculosis of the apex of the left lung. After six months of good care the lung healed. During the following year I became afflicted with a num-

ber of tuberculous growths on the neck, in the throat, in the cheeks and forehead. (Perhaps the development of these growths were favored by high living and damp sleeping quarters.) The thirteenth operation produced an apoplectic stroke with loss of speech and accompanying paralysis of the lower left side of the body. A tube was placed between mouth and nasal cavity for several months for cleansing purposes. In about three weeks after the last operation I was able to speak again and could walk with one crutch, and continued to do so for six months. Then three hot medicated baths prepared from dry leaves, each lasting two hours, enabled me to walk without the assistance of a support. No more new growths appeared. My highly nervous temperament changed to a more phlegmatic. I began to diet carefully and discarded all drugs.

I emigrated to this country, and, while living in a cheap boarding house, forgot myself once more, and was tempted by the flesh pots of America. I ate meat two and three times per day, learned to drink tea, and indulged in cheap and inferior cakes, pies, and white bread. The first and second months, a severe bilious attack and vomiting for one day relieved me of the poison. The third month vomiting did not occur; instead,

I lost my mind, ran against the walls with my head and did many unreasonable things. A physician was called (fortunately a sensible one). He kept me strapped to the bed for two days, put me on a fast, and ordered hot and cold fomentations over liver and abdomen. The urine contained albumen. After a week's treatment I was put on a milk diet for one month, and was told that I had a choice between saving my life by a careful diet or causing Bright's disease, insanity, and an early death.

After this I took up nursing, private and institutional, for most of the time during the next twelve years. I kept well, with the exception of four acute attacks of inflammation of the left lung, and purulent exudation, accompanied by cough and pain. This was brought about by being confined in warm rooms, and nursing infectious diseases, such as : tonsilitis, measles, pneumonia, and typhoid. Absolute rest in bed in a cool temperature and a diet of boiled milk, diluted with one-half oatmeal or rice gruel, and a few other light foods, enabled me to be up again within ten days, each time.

In the year 1906, while a sophomore in college, I received an injury. While standing at the foot end of the treatment table during the clinic hours,

a fellow student about 200 pounds in weight was given a spinal examination. Through an hilarious joke of one of my classmates the patient raised his leg, and let it fall violently on my chest over the region of the heart. It produced a displacement of the fourth rib on the left side. (The lower extremities of the left side being already weakened from the former stroke of paralysis, this injury gave the finishing touch to my left side.) Symptoms the first day were: Hysteria, local pain, and marked palpitation. I was told no lesion had been produced. The second day the pain spread along the course of the pneumagastric and facial nerves, enveloped the left eye, ear, cheek, shoulders, left arm, and left side of chest, passing along the anterior region of stomach and liver. I detected the lesion and applied for treatment at once. The fourth day the pain spread along the intercostal nerves toward the spine, causing a severe friction and pain at the articulation of rib and vertebrae. Further symptoms were: Flatulence-dyspepsia, and congestion of liver. I was treated specific with an effort to relieve the contraction of muscles and to correct the lesion. After each treatment which was given during the afternoon, I realized an irritating effect, and a more disturbed rhythm, which was

followed during the night by a feeble heart beat and fright. After several weeks of treatment, I changed physicians. The same unsatisfactory results were observed. I inquired if it would be better to completely relax in bed in order to have the lesion corrected. The answer was: Your trouble is mere imaginary; forget about it; no lesion exists.

My heart had always been unusually strong, and about the only vital organ left in me which was perfect, and I decided to follow the suggestion. In spite of it, I suffered intensely and was unable to earn my living besides my college work, which I had always been able to do before. Even the mental work alone became hard and trying. I got along financially with the assistance of charity, until June, 1907, when I graduated.

Soon after this I secured employment as a nurse, and worked hard physically for two months, until I broke down. Symptoms: Threatening facial paralysis, and fright of death, quieting and dilatation of the heart, pernicious anemia.

I went home, took a warm bath and fainted. I was cared for by friends and put to bed. Stimulants, such as coffee and whiskey, I refused by closing my mouth. When I regained the power of speech I asked for fresh, warm milk, ordered

it heated and the caseine removed by lemon. I took a pint of it during several hours, at short intervals, and asked for a passive massage, and vibratory treatment over intestine and liver; this gave relief for several hours, until 9 p. m., when I got a severe chill, accompanied by anxiety and fear of death. The blood pressure was very low, breathing was very hard, my jawbones threatened to set. These symptoms arose six and seven times per night. Chronic intestinal indigestion and chronic kidney affliction made it more complicated. Malarial cirrhosis of the liver was present also. Liquids could only be swallowed an ounce at a time; larger quantities would cause distress, or the fluid would be returned from the stomach. I ordered semi-liquid foods; this would stimulate the dilated walls of the stomach, and in this way peristalsis throughout the blood vessels would be stimulated. For one month I suffered sensation of impending death every night. I could not allow myself to close the eyes during these hours, or even try to lay down my head, as I feared never to wake up again. With head and neck supported by pillows, I forced myself to keep the eyes open by the attraction of light and by warm stimulating foods every two hours. I worked hard to breathe in the almighty forces

of nature by open doors and windows all night, and rotated head and neck to bring the blood to the brain, and kept warm by the application of moderate external heat; and by true prayer I managed to keep life within me. At sunrise I was able to lie down and pass into a restful sleep for several hours, with the consciousness to be able to awaken again. The balance of the day was spent in perfect quiet and rest, and the eyes closed as much as possible. The food during the day consisted of olive oil, and raw materials, rich in arsenic, opium, sulphur, sodium, iron, citric acids, and light, fatty, albumenious materials, from which only the juices were swallowed. Mastication was more a process of sucking, as my muscles of face and neck were very weak. No energy producing foods of any kind were taken until 4 p. m.

(Paracelsus was my physician.) He says: "If we could extract the fire of life from the heart, without destroying the heart, and draw the quintescence out of inanimate things, and use it for our purpose, we might live in the same body forever." These words, which I had read but a few weeks before, had inspired me wonderfully. They have taught me the greatest lesson of my life, and right here at the point of death I had occasion to use them.)

The least exertion with the eyes, or movement with the arms, or exertion of speech, would produce a reaction in the evening, by more severe chills, by lesser and feebler heart beats, and frightful sensations. By perfect quiet I realized improvement every night.

While I had many kind offers of assistance from medical and osteopathic physicians, I refused their service, knowing that active stimulation of drugs or in any other form would kill me. I superintended my own care with a child as an attendant, and a table with a coal oil stove in front of my bed during the night.

During the second week, I ate a small piece of white meat of chicken; it nearly cost my life the following night.

At the end of the fifth week, I was able to sit up several hours per day; this was in the month of December. I spent the rest of the winter to recuperate by taking sun baths, walks in the woods, and dieting.

I will mention that during this time, early in the year 1908, Dr. Forbes of Los Angeles, at the California State Convention in Oakland, California, set the dislocated fourth rib. It was corrected in a few seconds. The immediate relief it brought was a wonderful sensation. The re-

storation of a perfect circulation to the brain made me bubble over with happiness; the heart beat was strong and regular; the depressed symptoms from the functional disorders of liver and stomach disappeared.

Unfortunately the relief was of short duration. During the second week the rib began to slip up and down when moving the left arm; finally it stayed down. Financial embarrassment and lack of time prevented me from applying for further treatment; but I knew then that with proper relaxation and care, the structural lesion could have easily been corrected at a time when I first applied for treatment.

During the spring of the same year I had gained sufficient strength to take up work once more. I began practicing my profession. A few weeks later, a severe mental shock followed. I lost my only child, a boy 8 years old, through a car accident; this left me to choose once more between life and death. My professional career helped much to overcome this sorrow.

Since then I have enjoyed health to the extent possible under the existing conditions. The compensated dilitation and regeneration of the heart muscle allows me to do a reasonable amount of mental and physical work, **if wisely measured.**

The center of nutrition is very painful at times. The dilated stomach and colon and the morbid function of the liver are also hard to deal with. Every move of my arms draws nerve force away from lungs, heart, liver, and stomach, and economy must be studied in this direction. Purgatives and cooling sedatives taken every morning, and light stimulating semi-liquid foods in the evening, will assist in emptying the food contents with ease into the intestine. They also assist the liver by pushing its products into the blood stream without much force being required from the vagus nerve.

Defication can be assisted by natural means, and perspiration also. This relieves the center of nutrition of much work, and thus energy saved will be used at night for oxidation, nutrition, and elimination.

A low attitude and a rainy season distress me with partial deafness. A suitable altitude, a careful diet, dry and sunny weather, and elimination of physical work are a partial cure for the above mentioned distressing symptoms, with the exception of an irritating rhythm and painful friction at the fourth and fifth dorsal vertebrae. But as I am not able to follow the above rules, applied art must do the next best. A few days of living

like the average individual would make me unfit for work, and a few months of it would kill me.

The foregoing illustrations demonstrate the supreme power of function over structure under certain conditions.

My school of life has taught me many valuable lessons; some of these are: The many warning signals which nature sends to protect ourselves against approaching disease; the benefit of abstaining from powerful drugs; the benefit of wise suggestions in the treatment of disease; the harm done by false suggestions to impress a patient of the non-existence of a lesion or disease, if the physician is unable to detect or correct the condition; the harm done by over-stimulation of drugs; the harm done by over-stimulation of osteopathy; the harm done by trying to correct bony lesions which are compensatory, or brought about by injury to the vital organs or blood vessels; the time wasted in trying to correct secondary bony lesions without the application of physiological chemistry; the benefit received through the correction of bony lesion by osteopathic application; the importance of relaxation in many cases if a cure is desired; the value of economy of nerve force; the importance of the patient's history in the diagnosis and treatment of the disease.

OIL AS A MEDICINE.

Oil is more a medicine than a food. The most commonly used oils for internal medication are the olive and the cotton seed oils. The latter is claimed by some scientists to be of great value in treatment of tuberculosis. I have found it very beneficial to patients whose large muscles and nerves required reconstruction and by those having performed hard, manual labor.

Recently, I read an article in a western medical journal stating that cotton seed oil is a dangerous food, and that statistics have proven that in the southern part of the states a peculiar disease has originated from the consumption of this oil.

Fresh cotton seed oil is a very wholesome and valuable product. There are many diseases today which are produced from innocent foods, used in the wrong combination. This is no reason why a food should be condemned. Cancer, tuberculosis, rheumatism and many other diseases

are due to the enormous consumption of potatoes, sugar, and meat, used in excess during the last century. These are all innocent foods, and if properly combined they are wholesome.

A healthy individual living in a warm climate, or one who is able to digest and utilize a reasonable amount of fruits, starchy and nitrogenous material, and the same time consumes other forms of fat, such as butter, cream, and the various fats found in vegetables, does not require oil, at least not large amounts. Oil taken into the system in combination with sugar, starches, milk, or sweet puddings at the same meal, or during the same day, is chemically wrong. Oil requires proper combining elements to unite with, in order to be utilized, otherwise it becomes rancid in the liver or throughout the body; the result being disease and laziness. Even when oil is combined with more suitable articles, such as potatoes, lean meat and vegetables, if eaten at the wrong time, it retards digestion, and inhibits normal functional activity.

The best way to take oil is at the beginning of the meal in combination with raw, green leaves, apples or tomatoes, and lemon or orange juice.

If oil is taken as a medicine, the best time to take it is the morning. If much fat is required,

it may also be given at the noon meal in the form of mayonnaise dressing. In some cases where only a limited amount of nitrogenous material can be handled, fats, minerals, and gelatine can be substituted for a part of the nitrogen. This will form an inferior grade of tissue, but it is necessary for equalizing the tissues of the body. The strong and healthy tissues must become inferior in order that the diseased parts may become superior. Cotton seed oil should never be used at night. Some people claim it produces sterility, and take it for that purpose.

In the following article, I wish to give an illustration of the beneficial use of cotton seed oil:

During the first term of my college work, I was advised to undergo an operation. It was performed in the City and County Hospital of San Francisco. After the recovery from the anesthetic, I found myself paralyzed from the neck downward, with the exception of the muscles of the face, neck, arms and chest. The large pelvic muscles were completely paralyzed; bowels and bladder also. The sensation of the entire spinal cord was that of a burning fire. Not being able to turn on either side, I rolled on several rubber rings and bags day and night for one week without sleep; pain was extreme during the night. I

had no fever, and therefore was told the second day by the physician to have a general diet, and take what was set before me. No attention was paid to my complaints of being paralyzed.

I realized the dangers which might occur by following the doctor's instructions, so I selected the least harmful from the unwholesome prepared foodstuffs, such as bread, butter, soup, and mush foods without sugar; extra milk for which I applied was denied, for the reason that I appeared well nourished. For constipation, I received pills at nights, and three ounces of castor oil every morning. The sixth day ofter my operation, my bowels had not moved, the castor oil was churning in me, I had no power to vomit and expel it. The physician had little interest in my complaints; he did not understand me. Fortunately, I was blessed with a night nurse, who understood my suffering. She relieved my bowels by mechanical means during the night without the doctor's consent. She continued to do so for a month. This relieved me from further complaints to the doctor and unnecessary medication of pills and castor oil.

At the fourteenth day after my operation, I was told by the physician to get up. I refused, and tried to explain the inability of even raising my

limbs. The next day he brought a pair of crutches, my feet were thrown out of the bed, and my body raised by the support of crutches. I fell before the act was accomplished and was put back to bed.

The surgeon in charge had not come to see me, depending entirely on the young physician's report.

I wrote to a friend asking to send a private doctor, and after a thorough examination, the house physician was convinced of his mistake, and apologized for his neglect.

An osteopathic physician was sent to the hospital three times per week to treat me. I also received strychnine from the house physician. The effects of the drug produced severe pain in the neck a short time after each dose, and I declined to take it.

At the end of the second month I was able to crawl about by sliding on the floor. In five more weeks I could walk on two crutches; and a week later, I asked to be discharged. The same physician, who pronounced me lazy three months before, refused to discharge me. I left on my own responsibility.

I am positive, had I followed the doctor's instruction after the operation, dangerous complica-

tions would have set in, which might have meant death; furthermore, with drug medication and without the osteopathic treatment and my knowledge in the careful selection of foods, I would have been a helpless cripple for the rest of my days.

The impure air in the hospital and the excess of bread and mushy foods had made me very corpulent. Fatty degeneration of the abdomenal muscles and lower extremities had taken place during the three months after the operation.

It was May when I left the hospital. I went to the country and found employment in cutting fruit by a dryer. Two hours a day was all I could do; the earnings were from $1.25 to $1.50 per week. With this I managed to support myself and child. Will mention that eggs cost 20 cents per dozen, and milk 5 cents per quart. For vegetables, I did not pay. Rent was free, also.

I began to change my diet immediately. It consisted of one quart of cotton seed oil per week, some black stale dry bread, potatoes, raw eggs, water gruels of rice flour or oat meal, lemons, oranges, and vegetables. I excluded all other starchy material, sweets, and meat, and ate very little fruit. Not being able to move about much on crutches, and do much cooking, I tried to eat the vegetables raw, carefully expectorating the

residue of cabbage, peas, corn and string beans. And **right here,** I learned my primary lesson for work in later years. I began to relish it better than cooked vegetables, and ate a large amount of corn, cucumbers, lettuce, parsnips, and carrots, and enjoyed an enormous appetite. I took physical exercise, such as crawling and turning about on the grass, swinging and stretching.

In September of the same year, I was able to walk with the assistance of one crutch. Some regeneration of my muscles had taken place, and my size was reduced to almost normal.

I returned to San Francisco and took up my college work again. During the day, I was able to get along without crutches, but suffered severe pain in the muscles of pelvis and lower limbs. Mornings and nights, I used one crutch for support. I continued to use a quart of cotton seed oil per week for three more months; after this two to three ounces per day. In addition to the already mentioned foods, I used meat broths, cold boiled ham and bacon, salads, apples, tomatoes, celery, and a small amount of dry beans and peas and nuts.

The tissues gradually became superior in quality. I gained strength rapidly now, and during the Christmas vacation of the same year, I was able to take a position as a nurse.

The following year, while attending college, I was able to support myself by such work as nursing, massaging, and teaching of German, until I received the injury I stated heretofore. After this, I was compelled to depend upon charity, while finishing my course.

With the above illustration, I wish to emphasize how easy health can be obtained with moderate means, and, furthermore, that an inferior quality of oil is better than none at all, or not sufficient, if the system requires oil.

There are some patients whose artistic temperament and artificial life have created such a perverted appetite that they absolutely refuse oil or fats in any form. In these cases the oil can be mixed with other foods, and be emulsified in such a way that the patient does not taste it. In about a month's time, he will learn to eat raw oil and fat meats.

If the finer muscles and nerves need repair, olive oil should be used. If it cannot be obtained, the cotton seed oil may be mixed with fresh butter or the yolk of an egg.

On page 119 is a case report in which the cotton seed oil has been used with great benefit also.

TREATMENT OF CHRONIC DISEASES IN GENERAL.

The human body is a complex chemical and mechanical battery, presided over by life. In order to have a perfect body and a clear mind, perfect electrical phenomena with the battery must go on. The quality and quantity of the fluid must be right, the tubes must not leak, the wires must lie in perfect harmony with the structure resting on a perfect foundation. Only in this way can the oxygen undergo the highest modification, so its ozones can unite with the proteid elements, be bathed in the oils of ether and water, make bases, be filtered, evaporated, and eliminated.

The primary course for most ailments can be traced back to hereditary weakness, developed through wrong environment, and habits, waste of energy, and improper feeding. The human body can be compared with a machine of high order in many ways.

If a machine is out of order, we must let its wheels stand still; then clean, oil, and repair it, and finally stimulate it.

If a disease has reached the gray matter of the nervous system and has involved the vital organs, the animal functions must relax, and the repair work must go on in the same routine, like that of a machine; but it must be daily renewed until the repair work has been accomplished.

The brain is an instrument which can be played upon by a number of chemical agencies; they may be grouped into tonics, stimulants and depressants. Joyful and sad emotions may be produced according to the group of agencies that strike the tune.

With the few medicines, such as sulphur, opium, oil, acids, arsenic, natrium chloride, and natrium bicarbonate, iron and phosphates, in an organized state, I have gained wonderful results.

The time to administer medicine for cleansing and for the eliminating of animal heat is in the morning between 8 and 11 a. m. During this time the sun (being in sympathy with the heart) is increasing its forces gradually until noon. During the afternoon, or from beginning of sunset, stimulation must begin. There are a large number of stimulating medicinal foods to choose

from, and often the patient's desire **at this time** is the best guide. The particular desired food may be modified or somewhat changed according to the condition and symptoms of the patient. Stimulated feeding, mechanical application, and mental and spiritual healing may go on throughout the night. **No drug** can take the place of this treatment.

The diseases which I treat in the above stated and similar manner are: Chronic consumption, gout, different forms of paralysis, epilepsy, diseases of the eye, articular rheumatism, artrithis deformans, chronic affections of the liver and kidneys, forms of insanity, morbid irritability, and all dormant conditions.

My system of treatment is not comprised of one particular method of feeding. All foods furnished by nature are wholesome, and each individual has his own law. I study in each case the temperament, size and lesions of bony structure, nervous organization, quality and quantity of body in comparison with brain, the amount of vegetave or animal force, habit and diet from infancy, environment and occupation, quantity and quality of urine, instincts, and diseased habits, whether the tissues are of a dense fibrous material, that require a stimulant, or of a soft

expression which need a tonic. In the same way, I study the structure in the animal and plant life. We all resemble one or more of them in some form, and this helps much in choosing the right food. While I do not approve of the daily use of meat for healthy people, I feed it to the sick at any time, day or night, if I find it is agreeable and needed. Again, in many chronic cases I do not give it at all, or only fat meats.

We know, **the most important point** in the treatment of chronic diseases is that the nutrition must **reach the cells in cord and brain where the lesion exists.** The sensory nerve endings of the alimentary tract must be stimulated by true hunger and medication; only in this way the areas of the cord and brain where the lesion exists will be reached. The alimentary tract must be developed by mastication or sucking of such foods as are needed for the process of repair. The sensory nerve endings of the external skin must be stimulated by massage, hydro-theraphy, heat, cold, and vibration. By this method the cerbrospinal nerves will relax during the day. Animal force and stimulation are required during the night for repair work.

Before the epicure of medicine can be begun with, the patient requires a preparatory treatment

in order to fit him for the reception of such remedies which will oppose the disease. In the following pages I present the details and principals upon which my theory rests. **If a specific or direct medication is possible** it can only be accomplished by the epicure of medicine. It must begin with the stimulation of the **epidermic layer of the skin,** and must end with the **opposition of the process of the disease, without producing a new disease.** It must be **reconstruction** in every sense of the word; normal function and structure must be restored as near as it is possible.

THE NURSE.

For a patient, who suffers from nervous or chronic ailments, the average nurse, who is successful and competent in the operating room, is not the kind required for this work. As a rule, she has no interest in chemistry or in the preparation of foods, except to stir up a fashionable egg-nog, a beef tea, or a malted milk. The latter are handy and right in their place, but sickening to a patient with nervous debility Those nurses who are interested in the care of mental and nervous cases, can receive little training in the science of feeding, as long as physicians, who are connected with training schools, know so little of the practical work themselves.

The nurse for this work must also be a born teacher. Her mental qualities are of more importance than her physical ones. Her work consists of many details. She must be able to observe atmospheric changes in connection with the

treatment of the patient. She must learn the various procedures of hydrotherapy, the giving of sun baths and color treatment. She must learn special precautions employed for the safety or benefit of the patient. She must know the uses for employment or amusement, and the value of relaxation. She must be able to give instruction in mental and physical exercises and in breathing.

Concentration arouses faculties; enthusiasm inspires ganglion energy; and a person who is able to get her patients interested, and can arouse the slumbering volcanic forces, can produce wonderful results in a short time.

COLOR.

The colors of the walls of a sick room should be soothing, and in harmony with nature. The lower six or eight feet of the walls should be coated with green oil paint, which should be brushed with water and ammonia once a month, or each time a new patient is going to occupy the room. The upper walls and ceiling should be whitewashed with lime several times a year, with a color of light blue or bluish gray. The windows should reach from the floor to the ceiling, so that no impure air can be kept confined in the room.

A sanitarium for the treatment of chronic diseases should have large porches on the southeast and southwest sides, and wide doors to each room or ward, so that all patients who are unable to walk can be removed with their beds out of doors every morning and remain until 4 or 5 p. m.

STIMULATION AND INHIBITION.

Economy of nerve force, lowering of animal heat, and relaxation of the cerebro-spinal nerves, produced by medication of specific greens will regulate function, and effect a cure of chronic and constitutional diseases.

The process is accomplished by stimulation upon the sympathetic nervous system through the glands and secretory organs. It will reach the spinal area where the lesion exists. The protaplasmic structure of the specific medicine will change the protaplasmic structure and function in the cells of the secretory glands while the body is relaxed. Nature is a wise and wonderful physician and gets ready for repair work now. The chemical force within us which united different kinds of matter to form new compounds stimulates the area in brain and cord where the lesion exists, and this in return sends the poisonous material through the circulation to meet its

affinity in the laboratory. The fatty material will unite with the acids of the body and form bases. Nature is economical, and only eliminates those poisonous products which it does not need.

I wish to emphasize the fact that, before the above treatment can be begun with, superficial cleansing of the body must take place. If there lies partially digested and oxidized material in the large vessels of liver or healthy tissues of the body, it must be utilized first by oxidizing agents, such as fruits, or green boiled vegetables, fats, citric and oxalic acids, and articles rich in phosphates, iron, and natrium.

Patients who have been overfed, and have sufficient vitality, should go on a fast for a few days, or have but one meal a day. The above preliminary treatment alone is sufficient to relieve many minor ills, and, if further treatment is indicated, the patient is now sufficiently relaxed, and his appetite more normal; he is now ready to begin specific medication.

Absolute faith is necessary, because the relaxation of the strong nerve centers produces unpleasant feelings, and the medicine which requires chewing is at first more difficult to take than it is to swallow pills and powders, especially by people with perverted appetites.

During the middle of the day, when the appetite is keen, the sun high, and lung and heart need less nerve force, nitrogenous or well prepared boiled cereal foods with raw vegetables should be given. An antiseptic in a form of preserved salted or smoked meat in a limited quantity in combination with the above named foods is very beneficial. If they are prepared in the most natural form and not over cooked or baked, they will stimulate the whole intestinal tract and venous circulation. They require several hours of digestion. One or two more feedings during the afternoon of fresh eggs, milk, or warm gelatinous, or quickly digested semi-liquid foods will stimulate, bring on better contraction of stomach and intestine, and promote absorption, and the laboratory will have its contents ready for oxidation and repair at the end of each day.

The cerebro-spinal nerves, having expended but little nerve force during the day, will require but little nutrition. They will be called upon now to assist in the repair work which will go on during the first four or five hours of the night; therefore it is necessary that the patient will be awake, perhaps, until 3 a. m., according to the condition. Osteopathic treatment applied in the afternoon or evening is beneficial; so are mental exercises,

singing, and hydropathic treatment. The bony lesions can be treated with more benefit after such preliminary work. The patient may suffer much discomfort and pain while metabolism is going on. They will complain, become irritable and dissatisfied, until they finally reach the higher plan; then they pass into pleasant dreams of new work, and to plan for the future. This is a sign that nutrition in the cells of cord and brain where the lesion exists has now begun. He now enjoys his early morning medicine. Spiritual healing during the night is of great value. If the patient has will enough, he can apply it himself. The spiritual and physical man are intimately connected, therefore it must be impressed upon the patient's senses that God is the greatest power in the Universe, that only through him healing can take place. Love and sympathy must be aroused, and pleasant thoughts must be directed to the areas where the pain exists. By the above application the patient will expand his lungs more, and breathe deeper with ease. Open windows, and if possible an open fire through the night are of great benefit. The temperature must be kept even, extreme heat or cold must be avoided. The patient will generally sleep about five or six hours until 8 or 9 a. m. After

awakening, the windows must be opened wide. The patient must be placed so that the diseased parts, and, if possible, the abdomen and lower extremities, are in a white or yellow sunlight. The eyes should be protected from the light by a shade. While lying down, physical exercises must be taken to stimulate the venous circulation. A small pillow may be placed in the lumbar region. If the patient is not able to elevate the extremities, it should be done by an attendant, by placing their hand or leg on a board, fastened on a pulley line above the bed, and wind it slowly up and down. Have the patient direct his mind upon the diseased organ. Deep breathing must be emphasized all the time. If the patient is able to turn on his abdomen, many various exercises can be performed in this position, especially the stretching of the abdominal muscles.

When this is accomplished, the patient is ready to take his medicine; after this he may pass into a light slumber again, or suffer pain in the head, or the diseased parts. The body must be kept warm by sunlight, moderate external heat, or the suitable temperature of the room. No active work, such as reading, talking, extreme joy, or active motion with the arms, should be allowed, especially if progressive muscular atrophy is pres-

ent. Patients may waste their nervous energy by twitching with their fingers or picking of bedclothes. This can be overcome by bandaging the hand and forearm on a pasteboard. Children will become very interested in this sort of treatment, and by directing their mind upon the bandaged arm, it will produce wonderful results in the adjustment of bony lesions in the cervical and upper dorsal region. In extreme cases, where it is hard to inhibit the patient's activity, the eyes may also be bandaged with a green cloth, and if he is impressed that this is a part of the treatment, it will not hurt his feelings. If by the above rules, and the specific application of medicine in the form of food and the proper nursing, **the habits of the patient cannot be broken,** then he is **generally hopeless.**

If the heart or lungs are affected, the patient may complain of feebleness during the morning hours, or is under the impression of getting worse instead of better, he may have the sensation of impending death, therefore absolute faith is necessary.

At the end of the first or during the second month, improvement can be realized by the patient himself.

The solid nitrogenous foods, given at the noon

meal, must be measured carefully, according to the patient's condition. They must not be given mornings or night, for the reason that the temperature of the body at this time of the day is too low for the ingestion of nitrogenous material. Furthermore, they are not required, and would overtax the vital expenditure of the body with a loss of income for repair work. Patients whose temperature becomes supernormal during the afternoon may have milk or raw eggs. If there is extreme thirst at this time, the desire may be inhibited by giving raw oatmeal and bran water, or whole raw eggs beaten up with some water and lemon juice.

It is very important that 14 to 18 hours out of every 24 should be devoted to elimination, absorption and repair, and the balance of time be spent for feeding, from about 9 a. m. to 4:30 p. m.

In cases of weak heart action, fluid foods of bran, coffee, alcohol, cereal coffee, or of red, violet, or yellow fruits must be administered until midnight. If chronic kidney affections and dilation of the heart and stomach are present, fluids must be restricted. The foods must consist of emulsions and gelatinous preparations of fruits or whey.

In many acute inflammatory diseases the drink-

ing of water is very important for the cleaning of the system. In chronic diseases the nerve force to the kidneys is partially paralyzed from overwork. Therefore water should **not** be given unless the patient has a desire for it; as a rule **he has not.**

The cleansing of the body in chronic cases must take place with oil and medicines. The daily quantitative and qualitative urine analysis demonstrates the great changes which go on in the body during the first few weeks. When the dilated urinary tubules and pelvis regain the power of contraction, the urine becomes very concentrated, and now the patient gets thirsty, sometimes abnormally.

The craving of artificial stimulants is often due to the deficiency of normal stimulants in the blood, therefore they must be decreased gradually; a sudden abstain may produce fatal results.

MEDICINE

CALOMEL.

It is an antiseptic and stimulant of peristalsis. There is no better substitute for calomel than the tomato. It is a true liver medicine, and can be prepared and combined in a dozen different ways. I have applied emulsions of tomato flavored with onion in a severe case of dysentery where the patient was given up to die. Hemorrhage occurred every half hour, and no fluid food of any kind could be retained. A tablespoonful of this preparation given every 20 minutes brought on gradual contraction of the bowels, and saved the child's life. In bilious conditions it can serve as a physic for the bowels and a purifier for the liver. It can be served as a food and a tonic as one of the first articles given after an operation; it counteracts the sweetish taste of the chloroform, and prevents fatty degeneration, which so

often follows operations. The tomato is one of the most perfect fruits, rich in oxalic acid and iron, and unsurpassed as a stimulant for weakened heart action during the night.

The tomato is accused of being responsible for cancer. It may be so. Put a tomato on the window sill for a week or two, and watch its decay. Its gray, repulsive looking film reminds me of cancer each time. If this occurs in a stomach where a dozen of foodstuffs are left to ferment for several days, cancer or any other disease is liable to develop. A patient who suffers from indigestion should never eat a raw tomato, unless it is fresh directly from the vine. If it disagrees, only the strained pulp of raw or canned tomatoes should be used; this should not be mixed with yeast bread or potatoes, but combined with the right proportion of fats, greens, and meats or legumes. I have seen patients dying with cancer and abcesses, whose last perverted wish for food was tomatoes and potatoes, or pork and bananas. It was **not the food**, but the **combination of foods** which were responsible.

If the body is loaded with toxic albumen, all the red and violet berries, barks of trees, flowers, and skins combined with carbon, hydrogen and lime are excellent for dissolving the poisonous

alkaloids. They are rich in tannic acid, oils of ether, theobromin, iron and minerals.

For patients suffering with malaria, we find quinine in the white rind of the lemon, orange, and grape fruit, and in the leaves of the eucalyptus. A small amount of this may be chewed three or four times per day with a glass of fresh milk or whey, and the residue expectorated. This brings excellent results. Unsweetened lemonade, strained sterilized cranberry or tomato juice will cleanse the torpid liver better and safer than quinine or calomel in the form of drugs.

CREOSOTE.

We get the creosote in the smoke of the pine and other trees, and in tar. As a medicinal food we find it in smoked meat, fish, and metwurst. The latter is a serviceable antiseptic if eaten in small quantities with well boiled cereals. They prevent fermentation, act as a stimulant, and promote nutrition in tuberculous and anemic conditions.

ALCOHOL.

For thousands of years, it has been man's ambition to produce something better in the form

of food and drink than nature, to discover the fountain of eternal youth, or the secrets of nature; yet we are provided for, so generously with the sweet natural candies and wines in the form of delicious fruits, which should be sufficient to satisfy the desire for physical stimulation and ethereal intoxication. Alcohol is a drug; it is the spirit of the devils, yet, if taken in moderate doses, it may be less harmful than the alcohol produced within us by intemperate eating of unclean combinations of foods. The extreme artificial life of healthy men and women has deadened the sense of feeling to such an extent that they don't feel the difference of the effect between a drug and a food. It takes the brains of self-cured invalids and feeble minded to discover and teach the world how to protect themselves from poison.

In nature's wonderful drug store, we find many valuable drugs to satisfy our instinctive cravings. We find plants, which exhilarate our nerves of the physical brain to extreme activity. We find others that satisfy the nerves of sensual enjoyment. We find the arsenic, which gives us beauty and health. We find a drug in the form of opium, which produces a beautiful light of majestic intellect; it shuts up the mind by itself and produces

strange visions and dreams and deadens pain; it can relax the physical brain and body to an extent where it resembles tremor and paralysis; and yet the final result is renewed vigor and strength. All the strange plants with their complex protoplasmic structures have the power of curing mental and physical diseases, and give rest to worn out and over-strained brains and bodies without injurious effects, such as temptation and chronic poisoning, which are so often the results from the use of artificial drugs.

My observation with alcohol as a drug has been that a patient in whom the physical man has dominated his spiritual being for a long time, by abnormal stimulation upon the animal nerves, the administration of that particular stimulant is the most beneficial during illness, providing it is used wisely. Stimulation of any kind will always arouse our stronger nerve centers most, and these are the ones we have to depend upon mostly, during acute illness or in attacks of heart failure; therefore, in case of necessity, we must pull the strongest ropes in order to save ourselves.

The history of the patient is one of the most important subjects in the diagnosis and treatment of the case.

Perhaps unfermented fruit juices could fully

replace the alcohol in the treatment of disease; but they are not always on hand, and, under the present system of living, alcohol is handy. For patients with a diabetic tendency or chronic affections of liver and kidneys, a sweet liquor is a powerful poison, and, under these conditions, it can have no beneficial effects upon the other organs of the body.

Beer and wine are used considerably in the hospitals of Sweden and Germany. These beverages are diluted with water, then boiled and sweetened with sugar, and thickened with arrowroot, sago, or cornstarch. They are further improved by adding the yolk of an egg or cream. This food produces heat, and serves as a nutritious stimulant. It throws into action the whole alimentary tract. It produces perspiration; and sanguification and nutrition can go on more perfect. It is a more improved and harmless method than the administration of alcohol in the ordinary form.

OPIUM.

We find opium in the lettuce and in the poppy. The latter is used for the extraction of the drug mainly. The dominant action of opium is on the

cerebrum. Its effects in the form of the different drugs are known. We get about the same effect from the lettuce. Galen used to eat lettuce during his old age as a remedy for his wakefulness. Many people of today use onions and lettuce at night to produce sleep. As a rule, people who practice the latter habit will indulge in stimulants in the morning to arouse the nerves to activity. To treat and cure the cause of sleeplessness, we must eat the lettuce during the first part of the day. This will cure and calm the irritable nerves and a restful sleep will follow at night, without the need of a stimulant for the next morning, or an unpleasant reaction. If lettuce is eaten in proper proportion with other foods at the morning or noon meal, they have a sedative effect, and keep the excitable constitution well balanced throughout the day, and help to build up the general health of the body.

In chronic diseases, where complete relaxation is necessary, the lettuce eaten without other heat producing foods is a true medicine. It may be combined with raw grated carrots or parsnips; or with a boiled potato and fat cold bacon, thoroughly mixed with grated onions, citric acid, oil, and the yolk of an egg, or it may be eaten alone. In this case it produces a wonderful effect upon

mind and body. The alkaloidal extracts combined with the oil, acids, and other substances unite with the poisonous acids, which lie in the stomach and neutralize them.

In acute diseases and severe pain, perhaps, the high fever could be reduced before it appears, and the pain be soothed before it is felt by the administration of opium in an organized state.

SULPHUR.

Sulphur is used in many ways; external, for the different skin diseases; and internal, as a mild laxative and purifier. When it is taken in the form of a powder mixed with molasses, or chemical acids, little of the drug is absorbed. We find sulphur in our common garden vegetables, such as cauliflower, water-cress, horse-radish, mustard, carrots, parsnips, onions and garlic. In the latter two, it is combined with sulphurated hydrogen, sulphide of allyl and sulphurous acid; the latter two ingredients are responsible for the disagreeable smell. Some of the former are combined with sulphide, nitrogen, sugar, iron, arsenic and oils of vitriol. The water-cress, cauliflower, onion, garlic, and horse-radish have a great purgative and cleansing effect upon the liver, intestine, and kid-

neys. They produce a depression of the vasomotor nerves. They lower the blood pressure and lessen the frequency of the pulse.

Cucumbers contain a considerable amount of arsenic. They produce about the same symptoms as the above-mentioned vegetables. The preparation of these medicinal foods in the raw state require considerable skill. They must be prepared and mixed in such a way as not to irritate the delicate mucous membrane of the intestinal tract.

I have used the distilled ocean water, "Mag-Po-Tine," internally for slight chronic ailments, tuberculosis, and digestive disorders, and obtained good results. It has been used, of late, as a tonic in many hospitals, here and abroad. Medical authorities state, when this water is injected, intramuscular, subcutaneous, or intravenously, it shows increase in weight, and red blood corpuscles after a week's injection.

ARSENIC.

The habit of eating arsenic is practiced by different nations the world over, either for the purpose of gaining flesh or beauty of complexion, or to produce muscular energy. In the medical practice arsenic is used as an arsenite or arsenate, ex-

ternal for skin troubles, and internal for a number of diseases, such as chorea, angina pectoris, anemia, diabetes mellitus, chronic rheumatism, gout and asthma. Fowler's solution is considered the best remedy. The salts and solutions of arsenic have a long-standing reputation as remedies for the above-mentioned ailments. They are considered **not curative,** but **the best remedies known to the medical profession.** Some authorities speak in the highest terms of the use of arsenic; yet, statements are found in the latest Materia Medicas as follows: **"The chemico physiological action of arsenic on the body is not properly understood.** The administration of arsenic **sometimes** gives very gratifying results. The treatment of arsenic is **only palliative, not curative. Chronic arsenical poisoning may follow the prolonged use of arsenic for medicinal purposes,** such as polyoneuritis, paralysis, epithelioma, fatty degeneration of liver, kidneys and alimentary canal. The patient may become a "victim to the drug."

The above statements about the effects of arsenic on the body do not apply to the latter drug alone; **the chemico physiological action of drugs in general is guesswork.** It is **less** understood than the action of herb tea, which was administered **by our grandmothers.** The orthodox doc-

trines of medicine and of religion must make room for methods more comprehensive.

In the innocent cucumber we find the arsenic with its antidote in the form of sodium arsenate. The prescription for the formula and dose is not needed; **but the time of administering is important.** As a specific it must be used during the early part of the day on an empty stomach. It can be eaten alone, or combined with citric acid, onion, and a small amount of olive oil. **It must be given before the patient becomes active mentally.** The patient may consume sufficient to fall in- in a toxic sleep. **The appetite will guide the overdose.** The symptoms will be: **Lesser production of carbonic acid,** through its alkalizing effect, and the **power of utilizing unoxidized starch and nitrogen; reduction of the capacity for work; low temperature; decreasing pulse rate; depression of the vaso-motor nerves. A normal healthy appetite** follows about three hours after administering.

When arsenic is prescribed for constitutional effects, it should be given after the morning or noon meal; it combines well with butter and bread, cereals of all kinds, with milk foods, lean meats, and tomatoes. It should not be eaten in combination with apples, fancy summer fruits,

bananas, pork, corn, sago, or sweets. The effects from arsenic in the form of cucumbers, if combined as stated above, are: **Increased muscular activity, clear skin, better utilization of foodstuffs; it prevents fermentation,** and is **flesh forming** and **fattening to those parts of the body where it is required; it increases the number of red blood corpuscles; it diminishes unhealthy fat, and a return to health is the result.** When the cucumber is used as a specific, the results will be: **Regeneration of those muscles which have undergone progressive atrophy;** where **fatty degeneration** of liver, kidneys and intestine have taken place, **regeneration, normal size,** and normal activity of the organs will be restored. The **reaction** from the apparent **depression** of heart and spinal nerves will be, **renewed vigor and strength.**

The cucumber is accused as an indigestible article of food by people with a perverted and artificial appetite; by such it would take a week or longer before they could tolerate it. The toxins and putrifying foodstuffs or sweets must be eliminated first, or the cucumber will produce unsatisfactory results. In the common way in which the cucumber is prepared for the average household **it is not fit even for the stomach of a hog.** The extraction of the natural juice, and the treatment

with salt, make the cucumber tough and indigestible, and if eaten in combination with half a dozen other articles, it produces indigestion. **Cucumbers should not be eaten at night.** I have used the above vegetable in cases of epilepsy, chorea, artritis deformans, and anemia with great benefit.

ERGOT.

We find ergot in the whole rye bread. The latter, if properly dried or toasted and softened with boiling water, is an excellent food during the latter months of pregnancy, especially if the patient suffers from constipation.

In dysmenorrhoea, if due to retarded circulation, or to congestive obstruction of the circulation, through constipation or malposition of the uterus, whole rye bread eaten with butter and honey or syrup, fat bacon and green leaves, is a specific food and medicine. Several days' rest in bed, and specific osteopathic treatment, will correct such conditions in a short time.

In grave anemic conditions, resulting from excessive menstruation, fresh blood sausage, in combination with apples and lettuce, is an excellent food, and can form a perfect meal; it is rich in organic salts and iron.

Physicians in this country do not approve of sausages. Strict enforcement of pure food laws

could make such articles a healthful, economical, and medicinal food. We know from hystologists, that the alimentary tract with all its appendages is formed by the entoderm of the germ cell. We use the thyroid, pancreas and calf stomach of young animals for medicinal purposes; why not use the lung, liver and other intestinal organs? If they are well watered and freshly prepared and preserved in skins, they are more safe and wholesome than cold storage products, or meats that hang in the butcher shop for a week. Furthermore, the excessive use of lean meats enfeebles the organic vigor. It feeds mainly our muscular system and excites the brain; while the meats from the internal organs of the animal feed the glandular system, and build up our vital organs. All kinds of meats are less stimulating when eaten cold; they can also be better masticated in this state, and therefore are more beneficial to the system.

If an army of scientists would open a research institute for the study of scientific selection, combination and preparation of medicine in the form of food, what a great and valuable work would such investigations be in comparison with the bacteriological work of the study of germs and the preparation of cultures.

FOODS

MILK.

Cows' milk, the most commonly used in the household, does not always belong to the most easily digested foods. If the system for some reason requires milk, it can be made more agreeable in many different ways, by changing its composition, and mixing other foods with it. In many foreign countries whole milk is seldom used for feeding the sick; it is generally diluted with water or gruels.

In many instances where milk disagrees, it is well to observe **the time**, when it is most agreeable. This is generally during the afternoon and evening. The different digestive ferments of Fairchild, Metchnikoff, and Hansen are excellent under some conditions; but at times, when the stomach needs development, or the kidneys are overworked from acid conditions of the blood,

milk should only be used once or twice per day. If acid fermentation and flatulence dyspepsia are present, diluted boiled milk is often well borne.

Cream is an excellent article of food for the sick and the well. Raw cream should only be used when the digestive organs are in perfect working order, otherwise it is filth for the stomach. Hot sterilized cream is a fine addition to cereals, coffee, barley, bran, and legume teas.

EGGS.

Eggs are excellent as a food during acute illness.

The yolk of the egg forms the intodermic layer with all its appendages in the young animal. It is complex in its make-up. It contains olein, palmitin, iron, carbone, food salts and vitellin. It can serve as fuel, and is an excellent food in all chronic diseases. The vitellin and phosphar change to proteid and licithin. It feeds the lining of the intestine and blood vessels, produces neurin, and feeds the neurones. It can be used as a digestive agent after the noon meal and also at night. A little parsley or the heart of lettuce, with some lemon, enveloped in the protaplasm of one or more yolks of eggs brings on contraction of the

stomach, rapid chemical action, quicker absorption, and change of atomic molecular association are more quickly affected. It is very important that an egg used in the sick room must not be older than a few days.

MEAT.

Fresh raw beefsteak from a healthy young animal is often a valuable food and stimulant in diseases of the lungs and heart and can be given during the night. It should be well washed and dried before it is served. It must be well masticated or sucked; the residue should be expectorated. Meat broths are made more nutritious and can serve as a perfect food if the yolk of an egg and a little lemon is added to a cup of broth.

Pork, if obtained from a healthy animal, is a very wholesome food, provided it is properly prepared and combined with acid fruits, legumes, greens or such cereals which are rich in mineral matter. The process of fattening hogs or other animals with swill food should be forbidden by the law.

There are certain races whose constitution does not require pork, for such people pork as a food would be unhealthy. Perhaps for this reason, and

the climatic conditions, the ancient Jewish law forbade the use of swine's flesh. The races which live in moderate and cold zones are very differently constituted, and the climatic conditions are favorable for the use of pork, therefore it is an agreeable and wholesome food in those countries.

In the treatment of many chronic wasting diseases, fat pork is a medicine. Bacon contains creosote; it is antiseptic and generally more agreeable than fresh pork; fresh pork should never be eaten for the evening meal, as it requires many hours to digest.

LEGUMES.

Legumes are a very valuable article of food for the sick and the well. Some infants may be fed upon it from birth, where milk does not agree. It can be prepared in the form of teas, emulsions, or puree. They may be served whole, and the indigestible part expectorated. Patients who have lived largely upon meat and other stimulating foods, should learn to relish legume foods again. They are a higher and more complex product than animal foods.

POTATOES.

The potato has been used as a food during the last 400 years. Perhaps its use has done more

harm than good. A hundred years ago, potatoes were a luxury on the working man's table. To-day it can be found in some households at the table three times per day. It is poured down by coffee, and combined with fresh yeast bread and various other substances which are not at all suitable as chemical affinities for the potato. The result is malnutrition and its complications. The temptation for over-eating lies in the cooking process. We would not over-indulge in raw potatoes. Fat meats, eggs, fish, oil, butter, cream, and rich milk, sweet or sour, are suitable additions to boiled potatoes. They should not be eaten oftener than once per day, or better three times per week. Potatoes can be made a valuable article of food, if used wisely. Being a light form of granulated starch, it is an excellent food in some forms of paralysis. It stimulates the cells of the mucous membrane of the intestinal tract to activity, and if properly combined with fat meats, yolks of eggs, lemon and green leaves, it forms a light proteid food, is alkaline in its reaction, and easily assimilated.

CEREALS.

Cereals are the staff of life; white bread is the staff of death. Oats, wheat, and rye are the most

perfect grains. They can sustain life longer than any other article of food from the vegetable kingdom. Oats are an ideal food in cold weather; they should be used at least four times per week by children with scrofulous diseases. If oats are combined with bran in a raw or cooked state, and the juice extracted, it is excellent for feeding the sick.

Cereals of all kinds should be used once per day in wasting diseases; the glandular system being weak, cannot utilize cereals in the form of bread, thick mushes, or puddings. The best way to prepare cereals is in the form of water gruels; the next best, with sterilized cream or the yolk of an egg, and a few drops of lemon. Oats, barley, and buckwheat are rich in albumen, and therefore should not be mixed with eggs.

RYE.

Rye is the principal cereal used in Europe and in many other countries on the old continent. In this age of refinement, rye is looked upon as being too coarse for food, especially in this country. Many consider it a dangerous food on account of the ergot it contains. It is a question, whether those diseases that have been traced to the con-

sumption of rye are a direct or an indirect course. Manuring, the excessive use of one particular food, wrong combination or adulteration of an article of food, is very often the true course.

Rye, wheat, corn, oats, buckwheat and barley are best used either at the morning or at the noon meal. Rice, sago, cornstarch, potato flour, and arrow-root are a more suitable food for the evening meal. Buckwheat is rich in phosphor and iron, and well adapted for the brain worker in the winter. Rice flour is an excellent food for infants, especially if there is a better blood supply to the lower body than to the brain. The granulated starch adds in the digestion of the milk, by breaking the casine up in fine curds. Strained oatmeal gruel is good for children where there is a stronger attraction of blood to the brain than to the body.

Concentrated breakfast foods and other dextronized cereals are ashes. They are a menace to health. If they are required for the sick, they should not be eaten in the morning, always after the body has expended a considerable amount of nerve force, and the digestive organs are too weak for other foods. They should then be taken with a digestive agent, such as the yolk of an egg, or with fresh milk, or with fruits, rich in iron and phosphor.

FRUITS.

The canning of fruits began early in the nineteenth century. This art has become very popular in the average household. It is a waste of time, money and energy, and a health destroying occupation. Fancy summer fruits are not required during the winter months for the healthy individual. The canning of fruits should take place for medicinal purposes only. The convalescent, the anemic patient, or the pregnant mother may crave strawberries, cherries, or currants in January. If they are prepared in the form of fruit gruels, or gelatine, or as flavoring for milk foods, they form a suitable stimulating food for the patient at the evening meal. Jams and jellies are unwholesome.

Hot-house fruits are also health destroying and unnecessary. Some of the most perfect fruits, such as apples, plums, tomatoes, apricots, grapes, figs, and bananas, can be easily preserved by the drying process in the sun or by cold storage. The fall fruits, such as cranberries, huckleberries, oranges, apples, and many others will keep for a long time, without special preservation.

Many of the fresh summer fruits which are sold in the large cities are picked before they are ripe,

and therefore have acid instead of an alkaline reaction. It is a crime against our bodies to consume such fruits. A law should be enforced to prevent this custom. Fresh summer fruits could be delivered daily just as milk is delivered, once or twice per day, to customers.

From three to eight ounces of fresh berries daily is sufficient during the season to satisfy the system with the particular minerals and acids needed at this time of the year.

As a rule, the wealthy and middle class overindulge in fruits, while the poorer class of people do not get sufficient. For the sick and invalids dry cooked or soaked fruits are at times preferable to fresh ones. Raw ripe peaches, apples, strawberries, or tomatoes will be more agreeable to a patient with an acid condition of the blood, if they are eaten with olive oil, or with the yolk of an egg. Melons and citric acid fruits are very beneficial to patients whose system is loaded with toxic albumen.

SPICES.

Spices are a species of aromatic vegetables and fruits, used for the seasoning and preservation of foods. Their flavor is pleasant and stimulating to the mucous membrane of the mouth. Perhaps at

one time they were meant to be eaten in the state nature furnishes them, or their odor to be enjoyed.

The odoriferous substances yielded from these plants are: The volatile oils and ethers, of peppermint, roses, orange flower, lavender, camphor, lemon, bitter almond, wintergreen, cinnamon, cloves, and a number of others. They are used for perfumes, medicines, confections, and in the art of cookery. Many of the spices used for food are dried, in the form of bay leaves, thyme, marjoram, vanilla beans, dried skins of lemon and oranges. Ground spices or liquid extracts should be used sparingly. Many spices have astringent and bitter qualities; some contain quinine and strychnine. They assist in the coagulation of soft nitrogenous and albumenous foods; they also help to preserve them, and in this way prevent putrefaction. They are all useful in the application of medical therapeutics.

SALT.

Salt is a powerful stimulant, and a necessary flavoring product for the preparation of foods. As it is excreted continuously by the eliminating organs of our bodies, its renewal is required daily. Raw foods, if properly combined, contain suffi-

cient salt, and do not require additional flavoring with salt.

Under our present system of living salt is a luxury; much harm is done by the way salt is used on our tables daily. Legumes and cereals which require a large amount of water when cooked, need an additional amount of salt, the latter must be added some time before it is removed from the fire, so that it will be properly dissolved and combined with the food.

Moderate amounts of preserved salted meats and fish are a valuable food and antiseptic, if they are used in addition with some nutritious articles like legumes, cereals, milk or eggs. They add greatly to the digestion and preservation of other foods, and the salt being in a more refined state, and is better mixed with the saliva and the food particles, will not hurt the lining of the alimentary tract, as free salt does.

SUGAR.

There are many different forms of valuable sugars found in the animal and vegetable kingdom. The kind of sugar I wish to mention here is the artificial extract which is produced by chemical processes from the beet and the sugar cane. The consumption of this form of sugar

during the last fifty years has increased enormously. Chemical research work of late has made manufacturing easier, therefore the price of sugar is reduced, and the damage done to human beings is greater than in former years.

The vegetable and mineral sugar in the organized state, which is found in fruits, palms, beets, milk, and most animal and vegetable foods is the only natural sugar; if eaten in this state, it is a perfect food. To our ancient nations the sugar cane and many other sweet fruits were appreciated like candy. The sweet foods in nature are combined with acid or bitter elements and with gluten; or the bitter elements are found in the skin of the fruit, like in the banana or orange. A small amount of this eaten with the bulk of the fruit aids digestion.

In the chemical process of the manufacture of sugar, the salts, gluten and other valuable substances are destroyed; the extract being pure sugar. In the art of cookery, sugar is combined in many ways with other foods; and true chemical instincts will lead us sometimes to use the sugar for preparation of foods in a scientific way. In this way sugar can be called a medicine. Too many chemists are engaged in the work of sep-

arating nature's foods, and lead us toward the destruction of our bodies.

Sugar, if dissolved in poisonous beverages, or eaten without proper combination of other foods, is a powerful stimulant, and destructive to the protoplasm of the nerve cells. It produces malnutrition, diabetes and numerous other diseases, or shortens life. It ruins the character, if eaten in excess.

TEMPERAMENT.

The study of temperament is an important subject in the treatment of disease. The nervous temperament is known by its sparkling eyes, delicate framework, thin skin, sharp features, rapid speech and action, great desire to gratify the intellectual powers. They mature early, go to extremes in sorrow, joy, work, or whatever they undertake. They are active, and have a rapid metabolism; sometimes they unite with the erratic sanguine temperament. Individuals of this type are more inclined to contract tuberculosis or cancer than dormant conditions.

People with a bilious temperament have generally a large frame, heavy expression, strong constitution; they are capable of doing much hard work; their physical qualities dominate; they are usually dark. If this temperament is mixed with the nervous, they make a strong, powerful, and intelligent people. Generally the bilious tempera-

ment begins here to dominate after middle age.

The sanguine or vital organization is endowed with much vital force, people of this temperament are well balanced, have a full chest, strong pulse, well developed muscular system, large base of brain, rapid metabolism, strong intellectual as well as physical powers.

The phlegmatic temperament is generally presented in old age or by people living in damp districts with little sun; it may be found in people with a disordered metabolism.

In this progressive age of international marriages, new inventions and occupations, human beings are becoming a more complex product all the time, so that many different temperaments are presented in one individual. This type is found mainly in the born American or Yankee. This wonderful country with its extensive tracts of land offers much opportunity for travel, the free public libraries and free public schools enable man to develop his brain higher, keep on growing through life if he wishes to, therefore his nervous system is higher organized, he requires a greater variety of foods. Here the weaknesses and tendency to diseases peculiar to the temperament which dominates, shows itself first.

WOMEN.

Woman is the crown of creation, and the constructor of the race. There are more natural born physicians among women than among men. Man's dominating personality and greater force has kept woman in the background for so long. The average man is a machine; his stronger mental and physical forces enable him to carry out his own and woman's ideas. She is man's inspiration. The average woman is richer in gray matter, and her nervous system is more complex. The latent forces within her are needed for the construction and development of her offspring. Her physical senses and body are not equal in strength to that of man, therefore she should not be trained along the same lines as men are. Co-education during the age from 12 to 20 is destructive to the race. Woman's first right is to be properly matured and prepared for her natural call in life. No woman should be allowed a li-

cense for marriage without a certificate of health and maturity, and a diploma of qualification for such life work.

Neither should a girl be allowed to enter a profession, trade, or workshop until she is properly matured. Woman can be man's equal in many ways, if given a chance; but she cannot follow a profession and the same time fulfill her requirements as wife and mother or prepare herself for such work. The thousands of suffering young mothers and the increase of delicate infants born with abnormal large heads and the resorting to artificial food are ample proof of this.

There are many women who, for some reason, are willing to transmutate their energies into other forms than for the calling of wife and motherhood; but they should not be allowed to do so until they have reached the age of 25. The work of the teacher, nurse, physician, or artist is easier filled by woman on account of her natural tendencies for these occupations. The health, care, and education of human beings is dependent on almost every woman at one time or another, during her life.

The average man is more interested in the investigations of the mysteries of life. He, also, is more destructive. He is more of a mechanic,

and capable of working harder physically and mentally than woman without unsexing himself. Men are interested in organic and inorganic chemistry, they have learned to disorganize valuable food products, by the extraction of flour, sugar, salt, alcohol, wine, malt, and many others. **Woman, the natural born physiologist, is working hard in a laboratory,** to compound and unite these imperfect articles of food, by baking and cooking for the construction and reconstruction of the body, the best she knows how.

There are many great born physicians among men, also; but before they can succeed in the art of healing disease, they must learn the scientific selection, combination, and preparation of foods; and the administration of medicine in the most natural form possible.

Teaching the subject of feeding and nursing of the race must begin in the home. From the age of 12, girls should begin the study of domestic science, in theory and practice. This work should be alternated with the general school work. It should include rudimentary courses in nursing, cooking, housework, hygiene, sewing, economy, and general business methods, such as are needed by every woman. This could easily be accomplished if High Schools were connected with in-

dustrial departments, and co-operate with private homes, orphanages, hospitals, public eating houses, stores, and industrial work shops. Such an educational institution would enable a poor girl to earn a living. No girl, rich or poor, is too good to learn such work, as is necessary for the care, health, and maintenance of her own body.

A trained nurse is not looked upon as inferior for mixing her work with cleaning, cooking, and house work. Why, then, should a trained housewife feel herself inferior to the man for whose comfort and health she is working? No woman need make a slave of herself spending five and six hours per day in impure air of hot kitchens in order to fulfill her duty as a housewife. She cannot preserve her own health or that of her family by so doing; neither is she capable of cultivating her higher faculties or educating her children.

It is a pity, that our school teachers are so little acquainted with the art of feeding the race. So-called teachers of domestic science tell their students that sweets are good for them, instead of instructing them, that dates, figs, oranges, and other sweet fruits are wholesome, and if eaten at the right season of the year, and in the right proportion with other foods, will construct healthy bodies; and that artificial candies and

adulterated sponge cakes are unwholesome articles of food and a poison to the system, if eaten on hot summer days.

Others will tell children that tea and coffee is bad and that milk and cocoa is better. Children are easy to impress, and eager to follow such ideas, and instead of drinking tea and coffee with their evening meal, they ask for cocoa or milk. Their tired and worn-out bodies mix raw milk and sweet cocoas with the usual course of dinner, and generally it is left half digested in the stomach over night. Is it any wonder if diseases such as typhoid, pneumonia, tonsilitis and adenoids are on the increase? Malnutrition is not only found in children of the poor, it is becoming more popular with all classes, with the exception of the wealthy; their stomachs are generally well taken care of during the first 10 or 12 years of their life.

Fresh pure milk is a perfect food, and if taken for the evening meal, in combination with wholesome breads or cereals, it can form a perfect meal for the child as well as the adult, provided he has been properly nourished during the middle of the day.

I often read articles in newspapers and magazines on the selection and preparation of food, written by professors of chemistry and teachers of

domestic science, and I wonder if they ever studied chemistry at all. Their mixtures of the different ingredients compounded into one dish, and the chemical affinity of the varieties of articles suggested at one meal is altogether out of harmony with the laws of physiological chemistry. Furthermore, it is of little importance to the housewife to know the exact composition or nutritive value of each food as long as she is not taught how to combine them properly.

Professors of universities claim that their graduates make the best mothers; my experience with all classes, from the slums of New York to the cradle of the millionaire, have taught me that the girl with a fair education and an all-around development of brain and body, and the wealthy daughter who was bred in a fashionable boarding school are better matured than the average university graduate. The first mentioned makes the best mother, as a rule the second mentioned has not over-developed her physical senses with excess of high technical work—and frivolous enjoyment and midnight suppers have **not yet** ruined her enough to make her unfit for motherhood; and under the care of a trained nurse during the first 10 or 12 years the child will get a sound foundation.

Seventy-five per cent of university graduates and school teachers make poor mothers, their physical senses have been over-developed with language and technique; her body is not properly matured; her offspring will have a poor physic, and a large excitable brain, especially if the mother has indulged in stimulating and unwholesome foods during puberty. She will need a tonic or some osteopathic treatment to keep up her strength; her milk will be blue and unsatisfactory to the infant; she will follow the instructions of a book on the care of infants to the letter; she will make a cup of broth from two pounds of round steak; she will keep an air-tight stopper on a bottle of raw milk for 24 hours to keep "germs out"; she will pour down the child's stomach a cup of ice-cold raw milk on top of beef juice or chops; she will sterilize spoons and drinking-cups every morning, but she will leave the child crawl on unsterilized carpets, and allow it to eat unsterilized bread crumbs and chalk from floors and walls, with unsterilized fingers. Too bad we cannot reach that state of refinement where our bodies could stand the heat of sterilization also. She will live in a constant fear of disease, inquire and study about mumps, measles, and diphtheria, and does not know enough to

regulate the temperature of a room, or to keep her infant's legs warm. She complains of doctor bills and of necessary operations, of the hard work of housekeeping and high cost of living; she will waste her time with nonsensical details and regulations, instead of benefiting herself by spending five or six hours per day in the open air, and living on plain simple natural foods instead of "thoroughly cooked, baked, and dextronized starches."

The girl who is employed from the age of 14, in a store, factory or business office has a poor chance to mature properly. She is generally underfed and scrofulous.

A large number of infants born of this type of woman have a poor chance to live. Many such mothers are utterly unqualified to take care of their own body or of that of their offspring. Her brain and body being only partly and unevenly developed, she seldom has the power to improve on it in the right direction after the age of 20 and 25. From this class of people we have the largest number of tuberculous patients; and right here is the opportunity for physicians and members of the Anti-Tuberculosis Society to begin with their treatment by a method which will prevent marriages of unhealthy and immatured parents, and the establishment of industrial high

schools which will enable the poor girl to develop her brain and body with a chance to earn a living, to be capable of producing sound and healthy offspring, and prevent diseases, which are produced by filth and unhygienic prepared foodstuffs.

THE PRECOCIOUS CHILD.

A precocious child is not always the healthiest; as a rule, it requires double care and attention, and is more dependent. Only a small part of such brilliant and exceptional children grow up. If the natural laws of the bodies of such children were better understood by physicians and parents, and if their environment, nourishment, and education was directed wisely, the harvest would be great. Those children who are fortunate enough to grow up to useful citizens without special care are generally the descent of healthy parents. Some of the delicate children become commonplace from lack of proper nutrition or hard work during childhood. Here the finer nerve structures become partially paralyzed and their features become generally coarse.

If the minds of such children get starved by sweetmeats, and their bodies and brains clogged with rich condiments and highly seasoned foods,

there is always great danger. A larger amount of arterial blood is sent to the brain, if the quality of this blood is of inferior grade, and contains much waste matter, the eliminating organs will soon be overworked and all kinds of diseases are liable to follow, such as brain fever, epilepsy, chorea, meningitis, paralysis, scrofula or tuberculosis of the lungs, bone or mesentery. A large percentage die, while others become drunkards or fill the jails and homes for the feeble-minded and insane.

Many such children are the offsprings of drunkards. A child may resemble each parent in its strongest or its weakest point.

If the blood of a parent is inflamed by the poisons of highly seasoned foods, tobacco or spirits, during the act of cohabitation, the offspring of such a man will suffer from the sins of his parents. It may inherit the desire for such passions or be a total abstainer. Such a child always has a hypersensitive brain. If it is bred by a healthy and well balanced mother, it generally resembles the latter the most. The punishment is on the same principle as the forbidden apple of Eden. If the child with a hypersensitive nature is endowed with good qualities and developes a sound foundation, it may become a genius, a teacher,

and a saviour of souls and bodies. He may far surpass the average normal individual; the careful life and abstaining from accelerating stimulants enable him to **feel, see, taste and reason** finer than the man and woman with sound minds and strong brains and bodies who abuse themselves to such an extent that their finer forces are asleep.

That a large amount of talent is going to waste in the insane asylums is not a new theory, but little effort is made for the rescuing of such patients. Many of them are used as machines, they are compelled to develop muscles at the expense of their brains. Many who are feeble and excentric become insane while they are there. The few that are cured get well because they receive special care, or their home environment is such that it agrees with them less than that of the institution.

THE TONGUE.

We recognize the importance of functions brought about by healthy action of the nerves, and therefore the necessity of obtaining as nearly a normal performance of them as is possible under the existing conditions. Reason and good judgment along this line are of more importance than physical strength. With the phylosophy of osteopathy and chemistry as the basis for our work, we arrest disease in proportion just as we get normal performance.

The diagnosis or determining of the real condition of disease is the most important part of specific treatment, be it anatomical or chemical adjustment or both.

The pulse tells us the condition of the circulation, and we must study the nervous organization which it supplies, and the vital and reproductive powers within this body. By a thorough study, it is generally possible to arrive at positive conclusions.

The color, the facial expression and the tongue sympathize with every ailment of the body and mind; the tongue indicates the condition of the intestinal tract and blood in the treatment of acute fevers. The tongue tells us the alkalinity and acidity of the blood; in other words, it tells us the kind of germs which develop best in this blood stream. Let professors of bacteriology and medical students prove facts to us by technical research work, but the busy practitioner cannot afford to spend his time with detail work of this kind except in special cases.

A tongue which is dirty in color, dark or brown, indicates blood poisoning. Employ such remedies which will relieve the condition or antagonize the poisoning process.

The deep red tongue indicates alkalinity. We find it in epidemic and contagious diseases. Here we have a variety of specific fruits to choose from; the citric acid fruits have a powerful cleansing effect; some of the red and violet fruits are rich in chloride of iron and phosphates; and the skins of fruits, and the barks of trees are excellent for people who require a tonic.

A heavily coated tongue with thick yellowish fur indicates morbid accumulations in stomach and liver. The method employed for the removal

of such condition depends on the temperament and general condition of the patient and on the severity of the case. If the constitution is strong, immediate relief is indicated; it may be removed by an unspecific medication of mild cathartics; it may be removed by vomiting or enemas. If a slow removal is indicated, give large amounts of olive oil combined with citric acids and vegetables rich in oxalic acid, sodium, sulphur and iron.

A pale trembling tongue or a tongue of different colors and a slick appearance indicates a general weakness of the sympathetic nervous system. Such patients require careful treatment; innervation must be restored through the sympathetic nervous system.

OBESITY.

Obesity is a constitutional disease, due to excess of food in general, or to excess of wrong food and interference with the nerve supply, controlling the oxidation processes. This is a disease so easy to deal with, no human being needs to resort to dangerous drug medication, poisonous salves, excessive steam baths or violent exercises. A diet suitable in quality and quantity to the particular constitution is the only method

which brings permanent results. A change of occupation is necessary at times. The dietetic systems of Profs. Ortel, Erbstein, and Harvey allow tea, coffee, and wine on the bill of fare. They are of little benefit, except to patients who have become corpulent from extreme high living. The dry diet with a large amount of raw greens or fruits is the best and the simplest. Some patients require a large amount of fats and greens, and a limited amount of grains, nitrogen, and fruits; while others are benefited by a liberal amount of nitrogenous foods and fruits, a lesser amount of greens, and no cereals.

THE KEY TO CANCER AND TUBERCULOSIS.

The subject of food is one upon which various experiments have been made for thousands of years, until we finally have arrived at a very critical stage.

Clinical experience in the proper regulations of hygiene and diet have proven that it is one of the most important factors in the treatment of disease. Yet the scientific basis of dietetics is still an unstable one.

Fresh air and dietetic treatment is not only important for patients suffering with tuberculosis,—it is necessary for the successful treatment of all chronic diseases; but for the sake of self-protection we have given more attention to the former class of patients.

Patients suffering with pernicious anema, or those who are in the early stages of tuberculosis may gain benefit from forced feeding; but those

who are beyond this stage can only gain relief under a low proteid and calory diet.

A diet consisting of large amounts of fluid foods, such as excess of milk, cocoa and broths; and stimulating foods, such as artificial sugars, excess of fruits and meats, or a large amount of bread, cannot be thoroughly utilized by the system; they remain as acids in the body and irritate the diseased tissues and form a nitis for the tubercule bacilli and through it normal functional activity will be inhibited, and an abnormal stimulating effect will be exerted upon the mind, and a desire for activity hereby aroused, which is entirely out of proportion to the mental and physical capacity of the patient. The latter irritable and restless condition of mind and body is generally explained as "too much will power". In reality the true will power, which can direct his blood to flow wherever it is wanted, be it for work, rest, sleep, good or evil, is entirely lacking here.

If we have a sore or an ulcer on the outer skin of our body, we use careful precautions in the form of antiseptic washes and cool soothing salves and ointments; would it not seem clear that this same precaution should be applied to an internal ulceration also? If the blood has sufficient salve within its channels to heal this sore, nature will

attend to the healing process; but if we have driven our body into a state of consumption, nature needs assistance from a higher source. The key of all power and knowledge lies within us; it is not always discovered in an hour; it may be a slow process of many years, and the sufferer who searches will be more likely to discover it, than the healthy scientist who can study the cause but cannot feel the effect.

To assist nature in the healing process, we must rest the body and apply an antiseptic and a salve in the form of medicinal acids, minerals and fats in the morning; this must take place every morning or several times per week, according to the severity of the case. If much nervous tissue is destroyed, this salve, in the form of a food, must be highly complex, perfect in composition, fresh, and in the most natural state possible; it must exert a cooling influence on the body. If after such a morning treatment the patient receives a moderate amount of solid proteid food at the noon meal, and another quantity of food at 5 p. m. in the form of raw milk or eggs or a semi-liquid carbohydrate food consisting of gelatine, fruit, water sugar and fatty acids, the necessary heat unite will be produced; **such a heat is permanent and self-regulating**; it does not produce a super-

normal temperature such as is caused by an acid and poisonous blood.

Having followed the above steps, I wish to point out that the secret of healing many cases lies in the proper composition and alkalinity of the blood, which is necessary for the process of healing; and a patient who is suffering from a chronic wasting disease, no matter in what form, requires a larger amount of fats, minerals, phosphates and medicinal acids, and a smaller amount of starch and sugar, his blood must be more alkaline than that of the healthy individual. All carbohydrates in the form of cocoa, toast, desserts, yeast-bread, cooked potatoes and vegetables are imperfect in their composition; they turn the blood into water, poisonous acids and deposits; only the most perfect laboratory can handle such foodstuffs, and turn them into healthy tissue.

Cancer and tuberculosis are sisters. The individual with a constitutional tendency to tuberculosis, who reaches the age of 35, generally begins to develop cancer at this time. The abnormal progressive activity of certain tissue is produced by structural lesions of the protoplasm of the blood, organs or framework; it may be expelled from the body as an exudate in the form of chronic or acute consumption, or form a growth

surrounded by venous and lymphatic obstructions.

Some people are endowed with much healing power and an enormous ability to produce pseudo-membrane and tissue, known by the name of neoplasm, it may be benign or malignant. A germ is a mass of cells, its origin, function, structure, development, and multiplication, depend upon its food and environment. Normal stimulation and the right kind of material will form a tissue which is normal under the existing conditions. Nature has a tendency to fill out empty spaces, therefore destroyed membrances, organs and tissues are replaced with a substitute similar to the lost one; it may be encapsuled or not. Intuition will lead us to crave certain material from the animal or vegetable kingdom, such as fibrous, elastic, granulated, gelatinous, fatty or bone, and lime forming substances in the form of certain grains, minerals, fruits, fats and the different kinds of meat, such as gristle, gelatine, tripe, skins, liver, lung or other glands, until an inferior tissue has been substituted. The latter may be broken down by extreme heat or cold, mental or physical exertion, fear, fright, or worry; it may be accompanied by pain, a slight fever and a desire for rest in bed; under these conditions,

nature will reproduce, go through the same process over and over again and form the same tissue as before.

Abnormal stimulation, wrong food and environment will produce abnormal cells and tissues. Here the intuition is lost. Unwholesome, soft, putrefying foods form a medium for dangerous germs, and abnormal stimulation will lead the patient to eat in excess; the venous and lymphatic obstruction will be greater at the weakest link, and the dangerous toxins of wrong food material will be re-absorbed by the tissue and the circulation, and the development of pseudo-tissue will become spontaneous, progressive and dangerous, according to the quality and quantity of toxins which are produced. Extreme social ambition, greed, worry, envy, or an abnormal desire to accumulate wealth, are generally assistant factors in the development of dangerous, malignant growths.

The study of temperament, environment, history, life and habits of a patient, will enable a physician to diagnose cancer in the early stages. If the cause is so simple and clear, the prevention and treatment should not be such a difficult and complex subject. Where the hard working scientist of bacteriology stops, the scientist of physiology should begin.

When scientists will become more interested in the preparation of antiseptic food, instead of in the preparation of cultures for germs, we shall have public cafeterias for the chronic sick, connected with schools of domestic science, and lesser hospitals and sanitariums.

THE GERM OF INFANTILE PARALYSIS.

The new germ of this disease is becoming more popular all the time. Mothers are living in fear continuously, that some morning her child will awaken with this awful disease.

The most powerful microscope has so far failed to detect the germ, though little benefit can be gained by its discovery. The development of the germ must be arrested in the small intestine.

Paralysis is due to pressure upon the spinal nerves or through exitation to such an extent, that the opposite loses its power. When the spinal or cranial nerves become paralyzed, the mind begins to wander. Such conditions are often brought about by over-stimulation of the animal function, either by the patient himself or by his parents before he was born. The germ is cultivated in the laboratory of the mesentary glands, carried through the circulation, and deposited in the most suitable nitis. Very often struct-

ural lesions, caused by a fall or mechanical injury are the primary course for the development; but a well balanced and perfectly healthy child whose blood is antiseptic and offers no food for germs may fall every day and yet, does not develop paralysis. Here the structural lesions generally adjust themselves.

I have proven to my own satisfaction that a large number of severe cases of poliomyelitis can be cured. The three mentioned in the following pages were the most severe ones I had under treatment. A disordered metabolism is the chief cause for the development of the disease. The poisons from partially digested and unoxidized albumen in the altered vessels irritate the tender nerve sheets; the cells respond to the signal and inhibit the action of the fibers.

That a larger amount of infantile paralysis occurs during the summer months is due to the fact, that the nerve cells in cord and brain take up a larger amount of nutrition at this time of the year in the form of valuable minerals from our delicious summer berries. Nature is wise and economical, and furnishes little sugar in her fruits during the hot days, but many people make an idol of their stomachs, and try to improve the taste of berries by a considerable amount of

sugar, and the little cell-workers are deceived; they receive irritating acid and alcohol instead of minerals. Children with a strong brain and nervous system are able to throw off the excess of acids by the kidneys, or by the skin through excessive perspiration or exzema. Children rich in nervous tissue require a larger amount of minerals, therefore it takes a larger amount of nervous energy to throw off the excess of poisons, and as a rule such children are more delicate and more liable to paralysis than others. Berries with sugar and raw cream eaten on an empty stomach or after a fashionable dinner are a health destroying combination.

It is considered a crime if parents allow their children to indulge in alcoholic drinks; no doubt it is, but it is a far greater crime to use the stomach as a barrel for alcoholic fermentation, produced by the ingestion of half a dozen or more cooked or raw foodstuffs, mixed with raw cream, milk, fruit and sugar. Such alcohols are far more poisonous and complex than if beer and wine are taken in combination with a few simple solid foodstuffs. Fortunately much of the putrefying matter of ptomaines and other poisons are eliminated by the bowels before much damage is done, but if constipation sets in and the poisons are

slowly absorbed, paralysis or an acute inflammatory disease follows.

If scientists would inject the toxins taken from a patient who suffers with paralysis, into their own body, perhaps they would be more able to study cause and effect, than they can by injecting it into monkeys, or by grinding up flies, bed-bugs, mosquitoes, and lice, which have been fed upon it.

In spinal meningitis where the vascular system is already over-filled with fluid, as a rule more fluid is given in the form of broths and milk, and more pressure is produced. If liquids were restricted and semi-liquid foods rich in minerals and albumen were infused, nature would have a chance to eliminate the excess of acids through the kidneys or would use them for the digestion of the semi-liquid foods.

If weakened nerve fibers are constantly irritated by acids or by excess of fluid, filtration cannot go on normally. The process of nutrition or filtration in the minute nerve structures is based on the same principles as the process of absorption and contraction of the intestinal canal. Dilated and paralyzed walls cannot handle fluid foods well, the walls must be toned up by semi-fluid or solid foods. Peristalsis begins in the mouth, and if the food chosen contains the neces-

sary constituents in the proportion suitable for the degenerated nervous tissue, then digestion, oxidation and filtration will go on normally, and repair is possible. This theory does not apply to paralysis alone, it applies to all chronic diseases.

Function and structure are dependent upon each other like spirit and flesh, neither of them can live in the body alone. Structure controls function if the chemical units of the blood are perfect. Function's supreme power can modify and adjust structure or compensate it to a high degree. If structure is destroyed to such an extent, that compensation is impossible, then function will cease, partially or entirely.

CASE REPORTS.

CASE 1.—Mrs. W. B., 25 years of age; married.

Had been an inmate in the San Francisco County Hospital for five months.

History: Had a dislocated innominate as a result of convulsions while an infant. At the birth of her second child, she had a stroke of paralysis twelve hours before it was born; it lived three weeks. The mother was then removed to the hospital. She was considered incurable. After five months' stay there, she entered my sanitarium. The doctor and nurse in charge of her at the hospital pronounced her feeble-minded; she had not made any improvement there. She was paralyzed on the right side of her face, tongue, right arm, and right leg. She could speak but four words, which were: "water, bread, cracker, and milk." These words could only be understood by those who were accustomed to her

tones. She could stand on one foot, but could not walk. Her bowels had been treated with pills, castor oil, and enemas daily. I discarded all drugs, eliminated yeast-bread, sweets, and fresh meats from the diet. Gave large amounts of cotton-seed oil in the morning, mixed with specific greens and lemon juice. At the noon meal she received oatmeal or other cereals, with an addition of cucumbers or preserved salted meat or bacon. At 3:30 she received a glass of fresh warm milk, zwieback, softened with tomato juice. At night, broths, rice, raw yolks of eggs, olive oil, tomatoes, cooked green vegetables, and bacon were given. She received osteopathic treatment daily. At the sixth week she was able to walk by holding onto a chair. At the ninth week she was able to use her right arm for dressing herself and her four-year-old child. She could speak plainly. The atrophied muscles of the right arm had become strong and firm. The paralysis from face and tongue had entirely disappeared. She went home, was able to wait upon herself and child, and progressed further.

CASE 2.—Mr. D. C., 30 years of age; appendicitis.

Patient had had a third attack of appendicitis. An operation was suggested as the only means for relief.

Symptoms: Severe constipation, sharp pain, bilious, yellow color, paresis of colon and rectum.

Treatment: I changed the fluid diet to a semi-fluid medicine which I prepared myself and took to the patient twice per day. Osteopathic treatment was given twice per day, also injections with oil, and hot application over right side of abdomen. The patient was cured in two weeks and has had no recurrent attacks since 1909, owing to a change in the diet.

Recipe for the preparation of the medicine: Pour a quart of boiling water on five ounces of Buckthorn bark, let steep for from 10 to 15 minutes, then strain; wash about a half a pound of dried French prunes, cut into small pieces, soak these with the strained hot Buckthorn tea for an hour or longer, then steep until tender, press through a collander thoroughly. One to two tablespoonsful may be given every half an hour, warm or cold. If there is much acidity of the stomach, combine the mixture with fat, as follows: Heat a large tablespoonful of olive oil or butter, mix with a tablespoonful of flour (two parts of white flour, one of cornstarch, and one of rice flour), gradually add to it the hot pulp of the prunes while stirring, let boil three to five minutes; it must be of the consistency of a thick

syrup. If the fever of the patient is not high, or there is a partial paralysis of the bowels, the latter preparation is preferable. It may be prepared in the same way from strained canned tomato juice in place of prunes and bark and flavored with onion. This preparation is also excellent in bilious attacks and as a stimulant during the night, and in many other diseases.

CASE 3.—Miss Clara D. G., age 26; occupation, stenographer; suffered from artritis deformans.

History: Took sick with inflammatory rheumatism at the age of 19; was treated for six weeks with morphine. It left her with chronic articular rheumatism of one knee. It spread gradually to other joints. She tried many different forms of treatment for six years, would at times improve for a few months and then break down again until all joints of extremities and spine were affected. At last she underwent anti-toxin injections of some kind. It cured her the first time. For three months she stayed cured, and then had a re-attack, took the anti-toxin injection again, and remained in a worse condition than she ever was. She was placed then with the incurables in the San Leandro County Hospital, ready to die at any moment. Heart stimulants in the form of

drugs had been administered for months during the night, whenever she was threatened with heart failure or had severe pain. She looked like a consumptive in the last stages; progressive muscular atrophy of the muscles of face, neck, arms, and chest had set in.

From there she was placed under my care in May, 1909. She was unable to control hand or foot; could neither sit nor walk nor be carried. All joints were stiff and painful. For three weeks chills occurred every night, accompanied with congestion of the lungs and violent pain at the heart. I administered warm food in the form of emulsions, placed warm water-bags to the surfaces of the body, and treated osteopathic, several times, day and night. Stimulating treatment over liver and abdomen, and raising of the ribs, and a light passive massage over the dorsal region of the spine would bring the desired effects to the heart.

The first sign of improvement was shown by the finger nails, their color changed from yellow to white. The second month, firm musculature formed on each side of the spinal column in the dorsal region; the ligaments became more elastic, and the ankylosed vertebraes more yielding. There was more breathing power. No more

chills and pain of the organ of the heart occurred during the second month. The arms had become more feeble during the first and second months through the change of diet, from stimulating foods to cooling greens, acids and oils, and water gruels. They began to grow stronger the third month. At the ninth week I decided to clear out the liver by a fast. The first day, the patient had one meal in the middle of the day; the next day no food was given. She was feeling better and stronger than she had for a long time. I expected a bilious headache to follow this fast; it did not appear, instead, she lost her appetite. At midnight of the second day the patient began to vomit bile, a sharp pain was felt in the small intestine; the patient was at the border of insanity. I feared loss of control of rectum or a hemorrhage, and began stimulating immediately with orange juices and warm semi-liquid foods, a tablespoonful every half an hour. Heat was applied to the body and cool compresses to the head. The next day, the appetite was supernormal again, as it had been before. The patient had gained considerably in strength and expressed a desire to fast one day each month, which she did. Menstruation, which had never been regular before, became so **to the very hour**

each twenty-eighth day. The diet consisted of a large amount of fats in the form of fat cold boiled bacon, cream, nearly a quart of olive oil per week, yolks of eggs, green vegetables, raw and boiled, always combined with acids and oil or mayonnaise dressing; a small amount of fresh fruits with olive oil, well boiled oatmeal, barley and rice; a small quantity of dry beans and peas and nuts; whey, raw oatmeal and bran water, bean and pea teas with cream; cucumbers were given daily. The patient did not receive sufficient food to satisfy her appetite. She was hungry always. The amount was measured according to judgment.

When the patient came under treatment, she could not eat fats in any form, except butter, and cream mixed with sugar. During the first month, the fats were mixed with other foods, mainly with tomatoes, in such a way that she was not aware of them. Through the elimination of bread, sweets, chocolate, lean meat, and other tempting articles from the bill of fare, the appetite soon changed. The bowel movements were assisted by anemas, at first daily, later, every second day. Fomentations and baths were given with water in which eucalyptus leaves had been boiled.

The principal glands of the body appeared as hard knots, they were covered with scar tissue,

they had been destroyed by the anti-toxin injections. During the first month the patient could not raise her feet more than an inch from the ground; at the end of the fourth month she was able to walk with the assistance of crutches, five steps up and down. One knee had entirely recovered, she could wait upon herself now, and left for Los Angeles. She continued the diet, and took some osteopathic treatments; she was well about a year later, and began to take up some work; she has been able to earn her own living for the last two years.

CASE 4.—George Sch., 7 years of age; suffered from anterior polio-myelitis and epilepsy.

There was paralysis of the entire left side, also of the muscles of both eyes, of tongue, and left side of mouth.

History: He contracted whooping cough at the age of 11 months, which resulted in apoplexy and paralysis. Some time later, epileptic attacks appeared. They occurred more often in winter than in summer; at times, three and four times a day. At six different times during the attacks he fractured the left clavicle. After this, marked atrophy of the muscles of left arm and left side on spine appeared.

He was treated by many different methods.

Operation was suggested as the only means, and it was diagnosed as a clot on the brain. Chinese herbs and Christian Science were tried, and finally medicine again.

When I was called on the case, the mother had been advised to place him in an institute for the feeble-minded, as nothing could be done for him further. I suggested to have him placed entirely under my care. The mother had some faith in osteopathy, but insisted on finishing up that "nerve tonic" first. Then the eye-drops which were prescribed by a second doctor were given to me to use up also. I refused.

I found an anterior condition of neck and dorsal region, lesion of the atlas, first and second dorsal, fifth dorsal, and some lumbar lesions.

Symptoms: Flushing of blood to face and upper extremities, coldness of lower extremities, bluish appearance, loss of appetite, changing with extreme hunger at times.

Treatment: Thorough cleansing of the alimentary tract, by enemas; osteopathic treatment, light semi-liquid diet, exclusion of all liquid foods and water, with the proper nursing. There were two slight attacks during the first week. My observations were that the attacks occurred whenever the contents of the stomach emptied them-

selves into the duodenum; so I paid special attention to the pneumogastric nerves and splanchnis, the cervical region, and the blood supply to the brain. I gave black cereal coffee in small quantities about one hour after meals.

No attacks occurred during the following ten weeks. The paralyzed arm was gradually gaining in flesh and strength, paralysis of tongue and mouth disappeared, the death-like appearance of the eyes changed to a mass of intelligent matter. His mind became clear and bright. Other new symptoms were: Slight pain in cerebrum of a creeping nature, granulated eyelids, and exzema for a few weeks, vigorous appetite and cheerful disposition. In the lower left limb no marked change had appeared.

After three months' treatment, he was taken home, I gave instructions as to diet, nursing, and exercises of the paralyzed arm and leg. Three months later I received a letter, saying that the child was still progressing and had not only been benefited physically and mentally, but had also changed from an uncontrollable and ill-tempered boy to a kind and sympathetic one.

Two months later he received a fall from a fence; at the child's suggestion that his shoulder was fractured again, the mother took him to a

medical clinic, where the **broken bone** was put in place and the arm put in a tight bandage by the professor in charge. The child suffered excruciating pain, day and night, during the first week; violent epileptic attacks occurred. I was called about the tenth day, and advised the mother to return to the clinic. When the bandage was removed by the professor in charge, a stream of putrefying matter was expelled from an abscess which had formed about the elbow joint, from too tight bandaging. The arm was swollen and almost black in color. The wound was attended to by the physician in charge. When it was nearly healed, I took him for consultation to an Osteopath, who was experienced in that line of work; he stated that there **had been no fracture.** I began treating him oestopathic at his home, three times per week. The diet was followed fairly well, but not, as it had been done while under the sanitarium treatment. The results were not satisfactory. Financial reasons prevented the parents from sending him back for sanitarium treatment.

CASE 5.—Ira Sch., age 14 years, inmate of an orphanage. Paralysis of lower extremities; cataract on one eye. One eye had been removed as a result of removing a cataract. Numerous operations had been performed on the legs, without improvement. The condition existed since birth.

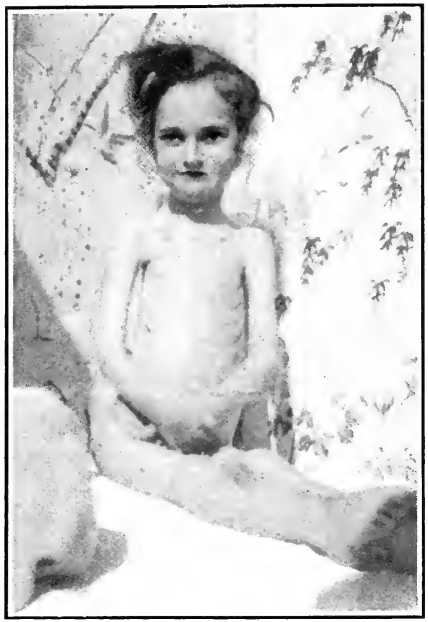
He had been a student of the institution for the blind in Berkeley, California, for five winters; I removed him from there in the spring of 1909. **I was advised by the physician in charge not to have him use his eye for printed books.** I found later that he had used his eye for the braill-letters instead of the fingers at the institution. I concluded trying him in the public school for two hours per day, but soon found that he could stand five hours per day; he progressed rapidly, and the cataract gradually began to disappear.

After five months' treatment, he exchanged his two crutches for one cane, and was able to stand erect without assistance. I sent him back to the institution for a short stay, and when I called on him, was told that he was **not a case for that institution**; he must be placed elsewhere.

The treatment which I applied was mainly osteopathic. The diet consisted of plain nutritious food.

CASE 6.—Louise S., 6 years of age; infantile paralysis.

History: The child often had bilious attacks; had a fall several weeks before the last attack. Calomel was administered every two hours during the first day; her bowels did not move. The child complained of numbness of the arms. The



LOUISE S., April, 1911

second day, the whole body became gradually paralyzed, with the exception of the muscles of the head. Another physician was called. He treated her for several days, and pronounced the case incurable. The child was cared for six months at home without medical attention.

She entered my sanitarium in February, 1911. The muscles of neck, arms, chest, back, and legs were atrophied. The chest presented a pitiful sight. The abdomen was very much enlarged. The muscles of the pelvis presented a mass of fat. There was a marked throbbing of the heart, and a weak irregular pulse. The child could not sit, nor move her legs or arms. I nursed her personally day and night. During the first month, she needed attention about 20 times per night, by changing the position of feet, hands, or body. I did not treat her osteopathic during the first month. Her food was changed gradually. She received considerable sour milk (nitric acid), and some raw vegetables, fruits and oil, yolks of eggs, and barley with sweet cream.

At the fifth week, an acute attack of gastritis and pharingitis set in. The temperature raised to 102 degrees F. daily for six days. She lost her voice; she had severe pain throughout the alimentary tract; also, headache. The food was

changed to such articles as are suitable for fever patients. She was fed day and night about every hour. The pseudo-membrane which had formed in the stomach since the paralysis appeared was cast off with the bowel movements, and through vomiting. This acute attack was brought about through the change from food consisting of tea, toast, mush, raw milk and sugar, to a diet of raw foods and acids. When the temperature became normal, the diet was changed again to raw foods, gradually. At the sixth week, the relaxed muscles of the neck and dorsal region became firmer; the arms became more powerful; she gradually gained in flesh; she could now change the position of hands and arms without assistance, and only required attention four and five times per night. She was given a sunbath out of doors daily from 10 a. m. to 4 p. m. She was instructed to take exercises mornings and evenings. A small step-ladder was hung over the bed for arms and finger exercises. The legs were elevated for an hour every morning before breakfast, and a pillow was placed in the lumbar region in order to stimulate the drainage of the body. She regained the power of holding an article of food with her hands and of bringing it to her mouth. The child was of a happy disposition, and showed

great pride in the performance of her exercises.

She received osteopathic treatment daily during the second month. During the third month, specific greens, such as cucumbers, grated onions, lemon, lettuce, and tomatoes were her daily breakfast foods. They produced wonderful results by inhibiting the excitable nerve centers. If during these hours the child's brain was forced to excitement by company, the raw foods were expelled by vomiting. The atrophied muscles of arms and lower limbs gained gradually in flesh and strength; the left innominate was displaced downward and backward, the ligaments being very weak, specific treatment **to these parts** had little effect.

The muscles of the front of the neck and over the sternum had shown little improvement. I began the administration of thyroid extract in small doses; the result was unfavorable. After two weeks of taking the drug, the patient began vomiting the gray powder combined with watery fluid, for two days; it had not undergone any change by the system.

At the end of the sixth month, the patient was able to stand with her feet on the floor by supporting part of the body with both elbows on the bed. She was also able to feed herself with a

spoon while in a reclining position, supported by pillows at the spine.

Financial reasons forced the parents to take the child home. If the treatment could have been continued, she probably would have been able to walk on crutches within another six or eight months. If a permanent cure could have been effected, I am not prepared to say.

CASE 7.—Alvine St., 11 years of age; tuberculosis and infantile paralysis of pelvis and lower limbs.

Family history: Mother had been healthy up to the age of 28. After an acute cold, hard work, and the drinking of milk from a cow which was infected with tuberculosis, she contracted tuberculosis. She died within one year, three weeks after giving birth to a child. A girl in the family, 10 years of age, seemed apparently in good health, but showed tendency to tuberculosis by an enlarged abdomen and an anterior condition of the dorsal region of the spine.

History of the patient: The boy had always been delicate; he learned to walk at the age of three years. He always had a peculiar gait. A fall which might have occurred during infancy could not be remembered. He was sent to school at the age of 8. Contracted whooping cough at

ALVINE ST., April 1911

the age of 9. After recovering from this, pneumonia set in, and a slight cough remained. Through the latter sickness the child had lost the control of his legs. At times he walked a little by supporting himself with the arms.

He entered my sanitarium in December, 1910. He had a distinct posterior bony lesion of lower lumbar region and an anterior condition of the upper dorsal region. Symptoms: Dry hacking cough, no expectoration, emaciation, hectic flush of cheeks in the afternoon, and rise of temperature, masturbation, constipation, night-sweats, bed-wetting; the patient could not stand nor stretch the legs while lying down. Sound of areas over apex of both lungs was dull, feces were black.

After one month's treatment, night-sweats had disappeared. The bed-wetting was avoided by training the patient to urinate every three hours—from 6 a. m. until 9 p. m. The bowels were regulated by the patient's will through the horror of taking olive oil. The patient suggested that he could make his bowels move daily, if he wished to do so. At this statement he was forced to have his bowels move at a certain time every morning, or wait for breakfast until he had succeeded. The results were satisfactory.

Peculiar characteristics of the patient were: Extreme will power to carry out his desires for a certain purpose, or by gaining financially; no affection; destructive; cruel to animals; extremely stubborn; a very artistic temperament; a perverted appetite, and abnormal desire for meat, sweets, white bread and tea; poor conception of right and wrong; untruthful; unwilling to perform exercises or to show signs of improvement; unable to learn arithmetic or reading except by memory.

He was treated osteopathic daily with little improvement of the lower extremities. The chest developed, and he gained in flesh and strength of the upper body. In the month of March, he was put in a tent. During the day he was placed with the lower extremities in the sun. I stretched the legs by putting heavy weights to the feet for several hours; after this I treated them osteopathic. The results were better. He took special breathing exercises three times per day. In the month of May, he began to crawl. He had gained in weight 12 pounds. It had required extreme force, and stimulation by severe hunger, to teach him to eat fats, boiled cereals, raw greens, beans and nuts. Fresh milk was given during the afternoon, and sometimes in the evening. The patient

never suffered from acute indigestion, but a small amount of certain fresh or stewed fruits would produce a purulent evacuation from the bowels.

The disposition and habits of this child had never changed. He had to be forced at all times to concentrate his mind upon his body's function, to perform defication, micturition, exercises, etc. He was different from all other patients which I had observed.

In the month of June, I attempted to have him raise his body in an upright position by supporting the arms on a table. He succeeded, but lost control of his bowels. It was repeated for several weeks with the same unsatisfactory results. There was not sufficient vital force within the body for normal growth and activity. **The patient was incurable.**

CASE 8.—Ruth D., colored, age 16; inmate of an orphanage.

History: The child had a peculiar and small appetite for several years. She had severe colds for one year, was treated for this by a medical doctor with cough syrups. Finally the sputum was examined; it revealed tubercular germs. She was treated for several weeks at home by sleeping in a tent, rest, and forced feeding of eggnogs, eggs, milk, meat and medicine,

with little benefit. She lost her appetite almost altogether. She entered my sanitarium in September, 1909. She was very bilious, had a high temperature, and expectorated blood. The right lower lung was affected, the liver was badly congested, the lumbar and lower dorsal vertebrae curved to the right, distinct posterior lesions of dorsal vertebraes; menstruation had occurred every three weeks. She was put to bed in a tent for several weeks, and treated mainly dietetic, and breathing exercises before each meal. The morning meal between 8 and 9, consisted of a salad of apples or potatoes with raw onions, lettuce and mayonnaise dressing, and fat cold boiled bacon. The third week, the patient was allowed to get up at 10 a. m., take a walk and do errands. A half hour before the noon meal she had to rest, lying on the abdomen and breathing deeply. The noon meal consisted of boiled macaroni or rice with grated cold swiss cheese or eggs, or nuts at the end of the meal. Beans and peas were also given; **no bread.** Lean meats were not desired by the patient. If she had had a drink of water after the noon meal, a glass of milk direct from the cow was given at 3:30 p. m. with some swieback, softened in tomato juice. The evening meal at 5 or 5:30 consisted of green cooked leaf vegetables, fried beachnut bacon, grape nuts, or

toasted black bread, sweet butter, or soups of tomatoes, or peas.

At the fifth week the patient was occupied from 2 to 5 p. m. with such work as cleaning of tents, washing dishes, gardening, window cleaning, going on errands and piano playing. After six weeks' treatment, she expectorated only once per day in the early morning. She lost in weight, but gained in strength and grew taller. I advised against sending her away to work unless she could diet and have special care. Employment was found for her on a ranch in Sonoma county, in a high altitude. Ten weeks after, she returned to me in a worse condition than she was before. After six weeks treatment she was as well as when she was first discharged. She was not sent to work this time, but was placed in the County Hospital. She received good care, but did not indulge in the forced feeding, which was advocated there. She got along fairly well.

Later the patient was placed in an industrial school, where she was given a moderate amount of work, both mental and physical. Her condition is not so good at present as when she was discharged. She could be cured by proper nutrition, and systematic employment.

CASE 9.—Bertha O.; age 19; tuberculosis of both lungs.

History: She had to be taken out of school at the age of 15, and was placed in a sanitarium several times. Treatment consisted of fresh air, antitoxin injections, and forced feeding of milk, eggs, and meat. She had gained in flesh and strength many times, but took cold easily, and lost it again.

She entered my sanitarium in the fall of 1910; she had a high temperature during the afternoon and expectorated blood. Treatment: Out of door life; rest in bed until 10 a. m. and after 4 p. m.

Diet—Morning meal: Water gruels of oats, barley, rice or corn, celery. Noon meal: Fresh meats, three times per week with raw greens, apples, tomatoes, lemon and oil. Fat meats with a small amount of peas and beans, or potato salad, onions and raw green leaves. Boiled rice and nuts. Articles forbidden were yeast-bread, sweets, tea, coffee, cocoa, cakes, and pies. During the afternoon a glass of fresh milk was given with zwieback and calves' foot jelly.

For the evening meal: Gruels of barley, sago, buckwheat, or rice flour, prepared with salt; water and sterilized cream were given. Sometimes green boiled vegetables, triscuit or cracker, sweet butter and beachnut bacon was given.

After three months' treatment during the most unfavorable months in the year the patient ex-

pectorated but twice per day, mornings and evenings. She had only gained 4 pounds, while during her former treatment she gained 12 or 15. She left; kept up her diet, and improved in strength. The following summer she bought a chicken ranch, and supported herself and small brother.

CASE 10.—Mr. W.; 32 years of age; tuberculosis of right lung, of eight months' standing.

History: He had done much hard physical work, was poorly nourished, contracted pneumonia and went to work too soon, then contracted tuberculosis. He was treated in the County Hospital for four months by forced feeding; gained fast in strength and weight; was discharged as cured. He sought a light occupation as a driver, took a cold, and lost in two weeks what he had gained in four months. He was placed under my care.

Treatment: Complete rest in bed for two weeks; liquid and semi-liquid diet. After this he was allowed to be up from 10 a. m. until 4 p. m. I changed the diet similar to that of case number 8. Later I put him on a raw diet consisting of raw cereals soaked in warm water, or raw dry rolled oats, or wheat mixed with chopped apples, parsley or grated carrots, and lettuce, lemon and olive oil, and cucumbers, for the morning meal. The noon meal consisted of a salad of apples or toma-

toes with lettuce, french dressing and nuts, or of cooked macaroni or rice with swiss cheese and lettuce, or cooked dry beans and peas with fat meats, raw carrots and lettuce. The evening meal consisted of fresh raw milk, and zwieback softened with raw strained tomato juice.

After three months' treatment the patient was well and had no cough. He kept up his diet, took up his occupation again as a driver, and has kept well for the last year.

CASE 11.—Mrs. J. S.; age 31; dyspepsia and ulceration of stomach.

Symptoms: Coated tongue, foul breath, flatulency, sensations of oppression, marked local tenderness over the region of the duodenum, neuralgia along the walls of the stomach and gas under nervous conditions or after the ingestion of improper foods, fainting spells, worried disposition.

Lesions: Posterior dorsal, curve to the right of lower dorsal and lumbar vertebraes, contracted muscles on both sides of spine from eighth dorsal to lower lumbar. A part of the neck and mouth of uterus presented a hard mass with a fibroid growth at the edge. There was retroversion. Patient had no children.

Treatment: Three sitz baths per week with sea salt; three osteopathic treatments per week, consisting of general spinal and internal treatment.

Diet: Elimination of yeast-bread, milk, cream, sweets, lean meat, tea, coffee, and beer. Morning meal consisted of a salad of apples or potatoes strongly mixed with grated onions, and mayonnaise dressing, lettuce, fat cold boiled bacon. In warm weather it consisted of raw grated carrots or parsnips or celery roots, with lemon and olive oil, and lettuce. Rest and quiet during the morning hours. Water was given between meals if the patient desired it. Noon meal foods consisted of boiled rice, oats, macaroni or corn and almond butter (later whole almonds). The evening meal consisted of soups, gruels, or broths, or boiled spinach, artichokes, sprouts, zwieback, fried beachnut bacon, and black cereal coffee. At the second week the tongue began to clear, the foul breath of the mouth disappeared, instead a very offensive odor was thrown off through the pores of the skin, the air of the room with doors and windows open was saturated with this peculiar odor, which lasted for about two months, at the end of this period, the patient was well. Here cancer of the stomach might appear in later years, unless proper precautions are taken.

CASE 12.—Mrs. J. N.; 54 years of age. Cancer of the stomach.

Patient had suffered with stomach trouble for eight years. The physician in charge had given

up the case. The attendant had been instructed to feed her anything she desired. The food consisted mainly of toast, tea, and meat soups. Jellies or anything sweet would produce acidity of the mouth and stomach; acid fruits and lemonades were desired, but had the same effect. Almost every evening the food contents of the stomach were expelled through vomiting. The patient had formerly been able to be up several hours per day, except the last three weeks, before I began to treat her. She was very weak and emaciated, had no appetite, except for something sour, and suffered extreme thirst. I ordered for drinks raw oatmeal and bran water and lemonade consisting of water, the yolk of an egg and lemon juice. The breakfast consisted of semi-liquid foods prepared from strained bran and oatmeal or barley water, mulsified with butter and flour. At the noon meal Cook's flaked rice or shredded wheat prepared with hot water and a little sterilized cream was given. During the afternoon or evening black cereal coffee with zwieback and sweet butter was served. I cleansed the bowels with Rochelle salts and water every second day, much black putrefying and mucus matter was expelled. The patient lost in strength during the first two weeks, especially after each evacuation of the bowels. The third week she gained in

strength; the vomiting had ceased almost from the beginning of the treatment. Instead slight perspiration and an uncomfortable feeling of fright was experienced each evening, lasting for half an hour or longer. The region over the duodenum and stomach was very painful.

The patient gained in strength and flesh gradually, and was able to be up again after six weeks' treatment. A year has elapsed since. The patient is able to be up from five to six hours per day and wait upon herself; she suffers some pain and discomfort, but nothing in comparison with the suffering of a year ago.

CASE 13.—Mr. C. R., 40 years of age; weight, 238 pounds; dilatation of the heart.

History: Had valvular heart trouble for fifteen years, contracted during the war. There was low blood pressure, and a pulse rate of about 65 under normal conditions. Patient suffered with acid dyspepsia, pain and dilatation of the stomach in general. One night at 12 o'clock, I was called to attend the patient.

Symptoms: Flatulence, dyspepsia, gas, enlarged liver, pulse 38.

I flushed the bowels with gallons of water in which epsom salts had been dissolved, treated the liver and abdomen thoroughly, and kept the feet warm; much gas was expelled during the treat-

ment. Half an hour later, the pulse had raised to 54. The patient desired to take two teaspoonsful of whiskey, which he claimed was mixed with a very small amount of strychnine, and kept in the house for such attacks. I administered one teaspoonful and watched the pulse. After ten minutes it was 59. Twenty minutes later a violent pain was felt in the organ of the heart; the pulse slowed down again to 52. The patient fell asleep and was well the next day.

A week later, after great mental exertion and many hours of lecturing, accompanied by lack of food during these hours, and followed by mental anguish and worry, the patient took sick again at midnight. Vomiting had occurred already, the bowels had moved; the pulse was 30, the heart beat was extremely feeble and quiet, the patient laid in a faint, the entire body was unusually cold from forehead to the feet. The muscles of face, neck and upper dorsal presented a mass of fat, without tone, therefore it was impossible to give any specific treatment. I applied heat to the surface of the body and feet, had the patient inhale spirits of ammonia, and the nurse rubbed the lower limbs and soles of the feet. I gave a passive massage over neck, chest, and along each side of the spine, over the liver and forehead, and raised the ribs, and encouraged the patient to

breathe. The results seemed unsatisfactory. I had the nurse call in another doctor, over the phone. At this, the patient opened his eyes for a few seconds and murmured, "No doctor," for several times. I followed the patient's desire, and changed the message. I infused some black cereal coffee mixed with a small amount of real coffee. Treatments were continued all the time. Ten minutes later, peculiar muscular movement of the face were observed, a warm perspiration over the entire body followed; it was very marked on the forehead. The contractile power and the tone of the muscles had returned. The pulse was 36 and raised to 38. When the patient opened his eyes and asked for the same medicine of whiskey and strychnine, I refused to give it, but finally administered a scanty teaspoonful. I noticed a quicker and feebler heart beat. It raised to 48, and about 20 or 30 minutes later, the same sharp pain in the heart was felt by the patient. He rested quietly and I left, giving instructions for a re-attack, which might occur at 5 a. m. The latter did occur, and was managed by the nurse in charge. The next day, the patient was kept in bed, foods were cream and milk toast, soft boiled eggs and meat broths beaten up with the whole egg. During the afternoon, the patient got up for a few hours to attend to business and retired at 5 p. m. I called at 11

p. m., expecting a reaction. The pulse was 48. A vigorous rub with eucalyptus oil was applied over the chest, and I treated the liver, kept the feet warm, and administered a warm drink of slightly sweetened blackberry juice and zwieback. No more attacks occurred during the night.

The patient had abstained from drinking and smoking during the last few years. Perhaps this precaution had saved his life.

His general diet consisted of bread, eggs, tea, potatoes, about two quarts of milk a day, mush foods, and little meat and fruit; as good as it could be had in a boarding house.

CASE 14.—Mrs. L. M., 44 years of age; angina pectoris.

Patient was seized with a sudden pain in the region of the heart, extending to the neck and left arm and fingers. There was a fright of impending death.

Treatment: Hot fomentations over liver and lower chest, inhibition of upper dorsal and pneumagartic nerves, and raising of the ribs. The patient got well, stayed in bed for several days, lived a quiet life for many weeks and dieted, and has kept well since.

Patient had been a stenographer and was overworked. There were lesions of the left clavicle, obstructing the subclavian circulation.

CLINICAL OBSERVATION.

Perhaps a few physicians have had the opportunity to watch the progress and treatment of disease, under two different systems.

While I had many queer experiences in caring for the sick, I shall only mention those observations experienced since I graduated, as my knowledge in the fundamental principles of the body prior to that time was too limited to give a correct account of it.

Early in the year 1912, I decided for curiosity's sake to become once more a nurse under other physicians, and settled down in a small town in northern California where I was not known.

CASE 1.—Mr. H. M., 52 years of age. Was suffering from an abscess somewhere in the abdomen. I received orders to give an enema of a pint of olive oil, injecting it very slowly in order to relieve the impact rectum, and have the patient

ready the next morning to go on a train for an operation in a hospital.

The first instruction I followed to the letter, but was soon in temptation to become unprofessional. After the injection of the oil I gave a careful and thorough treatment over liver, abdomen, and the lower spine. The results were fine. After an evacuation of the bowels the patient was almost well. I attempted a second injection of oil, and another treatment, with still better results. It was 7 p. m. The patient thought he had not been so well for months, and assured that if he continued to feel so good he had no intention of going to the hospital. The temperature which had been 102, had become normal.

The next morning when the doctor called, my patient was ready to go out on business. I lost my position.

CASE 2.—Alma B., 12 years of age; symptoms of diphtheria. Orders left by the physician were: Gargling, disinfection of the room, administration of castor oil, milk every two hours. The physician would call early the next morning and bring his anti-toxin in case it should develop into diphtheria.

The mother having been a trained nurse herself, was not satisfied with the instructions, so

we used our own judgment of treatment, which was: No food, several doses of Rochelle salts, injections of several gallons of water, at a temperature of 104 in which Rochelle salts had been dissolved, gargling, and several inhalations of steam impregnated with lime water, and hot packs, followed by cold sponging and osteopathic treatment. The child received several drinks of unsweetened lemonade. After 2 a. m. she slept until morning; she was apparently well when the physician called the next morning, very much to his surprise. The child was kept in bed for two more days; she received a light diet consisting of Doctor Metchnikoff's Sour Milk, fruits, and barley water. The temperature remained normal, and no further complications set in.

CASE 3.—Arthur C.; age, 2 years. Patient was cutting teeth; temperature between 103 and 104; the child had been attended by a trained nurse for the last two months.

History: Food during the first eight months of his life had been malted milk; after this it did not agree very well. Many different foods had been tried; none of them gave much satisfaction. The infant learned to walk when 18 months of age, but stopped walking soon afterwards. Since he took sick, the medicines administered were

pills containing calomel, and whiskey, every two hours. Food: Robinson's barley, prepared with salt and water, given every two or three hours. This had been his food for the last six weeks. The child looked like a skeleton, and was lingering between life and death. The intestine and liver were partially paralyzed from lack of proper food. An examination of blood was made once per week. No "tuberculous germs" had been found yet. An article had been written upon the case in the medical journal, pointing out the peculiarities of the case, the wonderful vitality of the patient, and the lack of power to digest foods.

Several consultations had been held with three of the best and oldest physicians, but nothing could be added to the directions which the young physicians had already made. The parents were both healthy, but extreme high livers and indulged in excessive sweets and wine. Both were very high strung. The first day when I attended the case, I tasted the food, and found that it resembled partially cooked starch; I improved on it by cooking it for thirty minutes. The second day, I suggested to add some milk-sugar and cream to the food. The mother told me that all those things had been tried long ago and that under no circumstances would she allow cream, as it had

produced convulsions at one time. I kept quiet, and tried hard not to be meddlesome again. The end of the first week, the mother had a nervous breakdown and was put to bed and attended to by another nurse. I could not resist temptation now. I bought some milk-sugar and rice flour with my own money. I mixed the rice and barley flour and prepared sufficient for 24 hours. I added a tablespoonful of cream to each feeding of the new preparation, and fed it as often as I could without being observed. I managed to get in about four feedings of the new food during 24 hours, and diminished the medicine gradually.

The physician called twice per day. At the end of the second week, the temperature became more normal, and the child had gained three ounces. The physician was pleased. I stopped the medicine entirely now.

The mother had recovered by the end of the third week, she felt happy over the improvement which had taken place, and I confessed my deed.

The physician being a friend of the family, the mother did not wish to hurt his feelings. She asked him if she could begin to add milk to the food, and gave the doctor the credit. The child gained rapidly, and soon was able to walk again. The mother carried out my instructions, and I

was highly recommended as a competent nurse for children, and was promised all the work I could do, if I would stay in town.

If in this case the physicians had understood the preparation of food for infants, and had examined the latter, they would soon have been convinced that the cause and the failure of the former treatments lay in the preparation of the food. The latter investigation would have been of more value than the hunting for germs in the blood.

CASE 4.—Henry O., 7 years of age; tonsilitis.

Patient had been in bed for three days. Temperature was between 105 and 106 between the hours of 4 in the afternoon until 3 in the morning. It was very hard to keep the patient in bed; he was delirious, uncontrollable, and behaved like a lunatic. Gargling and sponging was impossible. Antiphlogistine was applied to chest and throat, the body was rubbed with chloroform ointment every half hour, beginning at 4 p. m., powders to reduce the fever were also given, besides this two different kinds of cough medicine. The drugs were administered in combination with candy. The powders were mixed with sugar, or the medicine was swallowed with a large amount of water each time. These methods were approved of by the physician. I presumed the mixture of drugs,

sugar and water were responsible for the excitable condition and behavior of the child. The chloroform ointment and powders were kept up throughout the night; at times the temperature fell below 105, but generally not. The fourth night at 12, I decided to give him an abdominal massage; the mother, who was a constant attendant and who took the temperature and pulse most of the time herself, watched me closely and remarked what a "funny massage." I inhibited the solar plexus and gave a thorough treatment over the eliminating organs. In about seven minutes the mother noticed the skin getting cooler, and took the child's temperature; it was 103 degrees. It lasted for about two hours. I repeated the treatment once more during the night with the same results. The next morning the mother told the doctor about the peculiar massage and the results. He advised to have them repeated whenever necessary, and the medicine also. The same experience with the drugs and osteopathic treatment was observed during the three following nights.

The patient had a very slow recovery, and little appetite. The heart was very feeble and the temperature subnormal. The constitution had been ruined by drugs.

CASE 5.—Josephina H.; age, 4 years; measles, and epidemic lobular pneumonia. The child had been sick in bed for four days under the care of a doctor. Castor oil had been given several times, also cough medicine and powders to reduce the fever. The fifth day when I came I received the order to give castor oil again three times. At 5 p. m. the bowels had not moved. The child's temperature was between 105 and 106. She was delirious. I put a washtub by the bed, and injected several gallons of water into which Rochelle salts had been dissolved. It took two adults to hold the child, as she had never experienced such performance. The mother feared the excitement would kill her. A half hour later, the temperature was 103; the child was greatly relieved. The physician called later in the evening. He was very much displeased over my action and decided to send another nurse, but being five miles from town, no other nurse could be found. The parents were satisfied, and promised not to tell the doctor anything again. I gave another enema the next morning and some castor oil; fever and cough medicine were also given. At 5 p. m. the temperature raised to 105; I repeated the enema and had the same results. During the following four days I kept down the

temperature by enemas twice per day; it did not rise above 103. I had left out the fever medicine entirely during the last four days. The ninth day a change appeared, the temperature was between 99 and 101. The physician ordered to feed the child fresh milk and cream, and to continue the cough medicine; he did not call again. I prepared barley water with one-fourth cream, but the child had no appetite; only a few tablespoonsful were taken every few hours. I observed that whenever I left out the medicine for four or five hours the child took more food. The twelfth day, I called the doctor up over the phone, and asked "Why," under such favorable conditions, the child would not regain an appetite. I was told to reduce the amount of cough medicine to one-half of the former dose. I did so for one day. The mother noticed the change and was willing to let me have my way. I stopped the medicine entirely. Instead, I gave olive oil every three hours, night and day, and barley with cream between times. The next day the child asked for solid food and drank three cups of liquid food. Her disposition changed entirely from an uncontrollable child to a happy and contented one. The short irritating cough changed to a strong forceful one, but appeared only at long intervals.

The fourteenth day, another child in the family, 2 years of age, took sick. Symptoms: Vomiting, cold and loss of appetite. I cleansed the bowels thoroughly, gave castor oil, and a light diet. The third day the rash appeared; the patient was kept in bed for a week; no medicine was given and no doctor was called.

At the same time I took sick also. Symptoms: Congestion of the lungs, and paresis of the whole alimentary tract, accompanied by appendicitis; the latter which is claimed by scientists often to follow epidemic pneumonia. This was the third and most severe attack which I had experienced during the last ten years. Besides the infection, its development had been favored by much sitting and unsuitable food, consisting mainly of poorly made white yeast-bread, milk, and rice. This was the most suitable of the foods, from which I had to choose.

My temperature was 102 every afternoon. I had cavernous respiration, extreme constipation, low blood pressure, sharp pain in the organ of the appendix, loss of appetite, except for hot milk diluted with rice water and a great desire for boiled spinach. Being many miles from town, it was impossible to get any kind of greens. The treatment which I applied to myself consisted of

specific osteopathic manipulation, application of heat over the right side of abdomen, and rest in a lying position. I avoided sitting entirely. I tried to stretch the abdominal muscles over the right side by lying on the abdomen for ten minutes at a time, and exercising the right leg in all directions very slowly and carefully. With a tight bandage around the lower abdomen I took short walking exercises through the room and in the sunshine, inhibiting the pain (which was very severe, at each step of the right foot) by deep pressure with the hand over the region of the appendix. It was impossible to produce a bowel movement by oil, cathartics or enemas. Knowing that the complication could not be very dangerous from the foods upon which I had lived, I made no further efforts to produce a bowel movement. The third morning, after the onset of the attack, my desire for greens became so great that I searched for some raw green leaves in the form of mustard greens or yellow dock on the streets. What I found was old and bitter, so I tried to chew some grass and soon learned to relish it. After this I went out two and three times per day, and masticated a large handful of grass, expectorating the residue, and took some olive oil afterward. At the end of the fifth day, I had a

normal bowel movement which was followed by a decrease of pain in the appendix, appearance of cough and expectoration from the bronchial tubes, the temperature became normal, and the appetite gradually returned.

I presume, if during the development of the disease, I had filled my system with meat, and soft putrefying foods, perhaps dangerous pus formation and a high fever would have appeared, and probably an operation would have been necessary.

Here again, I wish to point out the importance of **the history** of the patient in the diagnose and treatment of disease.

CONCLUSIONS.

What I have attempted in this book is to set down the general principles and practice of my works, which I have proven sufficiently to my own satisfaction to be worthy of investigation and development. The work was carried on in a five-room cottage and half a dozen tents, surrounded by an abundance of fresh air and sunshine all day.

The treatment of grave chronic cases cannot be carried on successfully in the home of the patient, for the reason that nurses are not familiar with the treatment; and patients have adhered to the idea for so long, that they must have something to relieve sleeplessness and pain immediately, that they are not willing to suffer any inconvenience which this treatment will bring during the first few weeks.

I have had patients under treatment whose minds were gradually directed along healthy

channels in spite of the opposition they expressed during the first two months. Here the healing of the mind was accomplished through natural specific medication studied in the light of polar affinity. Such a cure, after it is once accomplished, is positive, the whole process is an education and an enlightenment of the patient's mind. It is a permanent cure. If the structural lesions are of such a nature, that perfect adjustment is impossible, then the supreme power of function will modify the condition. Nature gives us much liberty.

I hope that all who read this will accept my little adjunct, which I have attempted to add to the treatment of disease.

Before I close, I wish to thank my friends, who have inspired me to write this little book. In it I have expressed my views on the different methods of healing rather freely and harshly, but I offer no apology for this. Had I not done so, I could not have said what I wished to say.

I recognize the benefit there is in all methods of treatment. I am also ready to change my mind at any time that it can be proven to my satisfaction that my theories are wrong.

I have no set rules or measurements, which can be applied to all cases. I treat each case accord-

ing to the condition and symptoms which arise; nevertheless, there are a few universal rules which apply to the treatment of all chronic diseases, such as I have sufficiently demonstrated in this book.